

HEALTH RESORTS
OF
BRITAIN
DR THOMSON.

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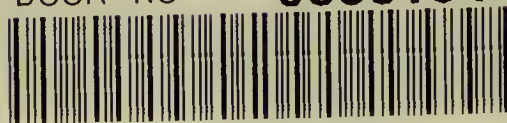
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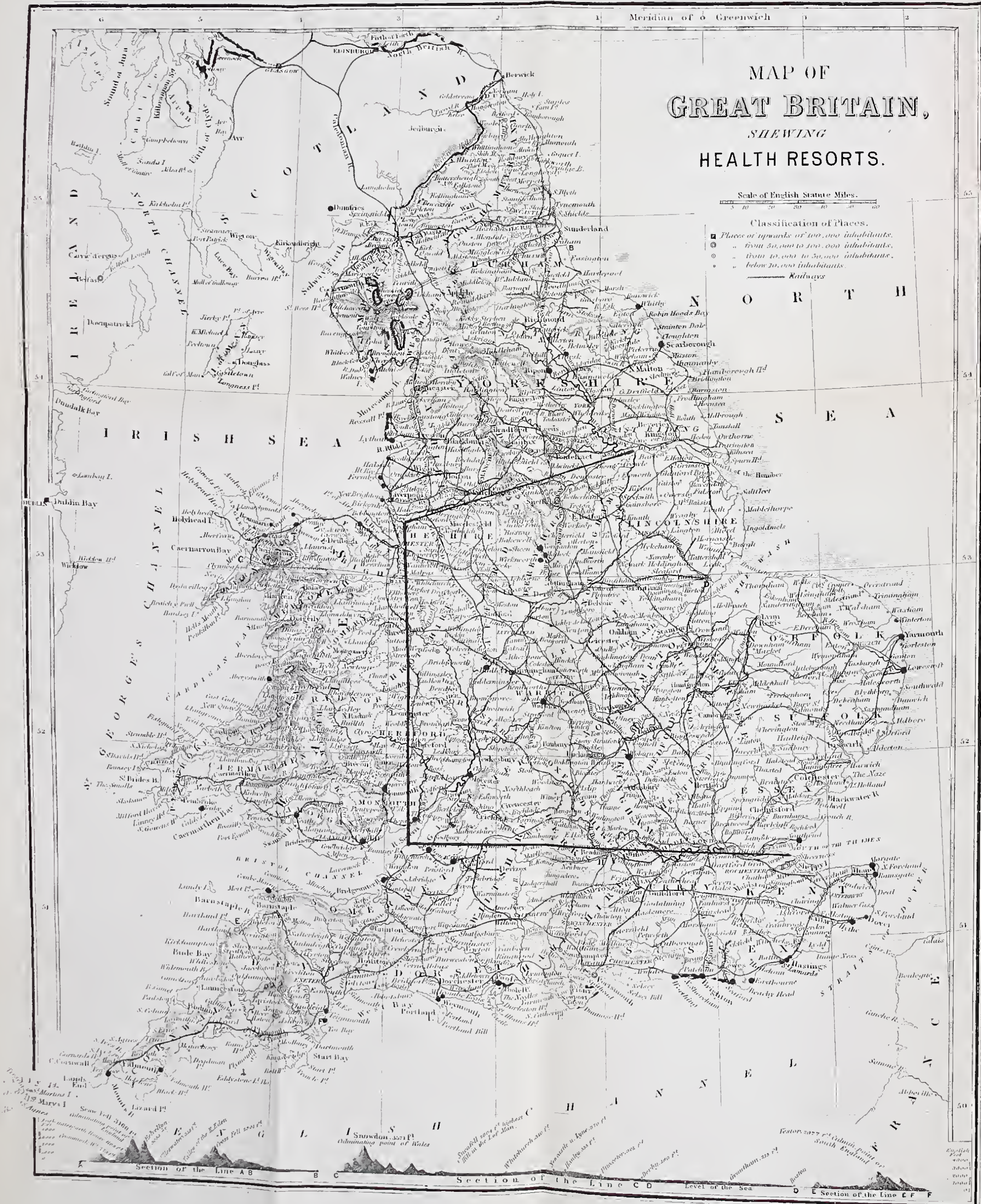
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MAP OF GREAT BRITAIN, SHEWING HEALTH RESORTS.

Scale of English Statute Miles.

Classification of Places.

- Places of upwards of 100,000 inhabitants.
 - " from 50,000 to 100,000 inhabitants.
 - " from 10,000 to 50,000 inhabitants.
 - " below 10,000 inhabitants.
- Railways



HEALTH RESORTS OF BRITAIN;

AND HOW TO PROFIT BY THEM.

By SPENCER THOMSON, M.D.,

L. R. C. S. E. &c. &c



“YE WHO AMID THIS FEVERISH WORLD WOULD WEAR
A BODY FREE FROM PAIN, OF CARES A MIND,
FLY THE RANK CITY, SHUN ITS TURBID AIR;
BREATHE NOT THE CHAOS OF ETERNAL SMOKE
AND VOLATILE CORRUPTION.”—ARMSTRONG.

“The Art of Preserving Health.”

NUMEROUS ILLUSTRATIONS.

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HEALTH RESORTS OF BRITAIN,

AND

HOW TO PROFIT BY THEM.

A FEW FIRST WORDS.

GREAT is our faith in Medicine : we have the most implicit confidence in the use, the proper use, however, of drugs ; in the medicinal virtues with which they have been endowed by a merciful God, for the alleviation of suffering, and for the cure of disease. Easy would it be to give a list, and a long list, too, of well-proved and well-to-be-trusted medicinal agents, which any or every medical man, who understands the science and practice of his profession, ought to be able to endorse.

True, these medicines will not at all times, under all circumstances, in all places and cases, answer the just expectations of the prescriber, however great his skill and knowledge, it would be wonderful if they did ; but, generally speaking, if the drug be genuine, if its mode of action and its administration be understood, and if the case be a suitable one, it will act in such a manner as to illustrate the skill of the physician, and confirm the faith of the patient.

With this confession of our faith in legitimate medicine, we introduce ourselves to our readers, more

especially as it has been the fashion with many, and some even in the ranks of the medical profession, to decry the power of drugs, and to declare their "no faith in medicine." We should be sorry to trust a physician who made such a declaration; and when the laity utter it, we come to one of the two conclusions, either that they have had very little illness, or have been very badly treated.

Now, firm faith in the practice of that art of healing which is founded upon the experiences and successes, aye, and the failures too, of our predecessors, upon the scientific investigations and rational deductions of the present race of medical men, by no means involves faith in it to do everything for health restoration in all cases; much it can do, and in the greatest extremities of human suffering; but there is a time for all things, and there are times when we may safely say, not "throw physic to the dogs," for that would be ungrateful, but let us put it quietly by for a season, and seek health in more congenial and pleasanter—for physie, generally, is not pleasant—ways. Let us look for it amid the ozone-laden breezes of the sea-shore, or in the dry, light, inspiriting air of the mountain side, far away, or as far away as we can, from town smoke and town cares; in short, let us betake ourselves to some of the Health Resorts which form the subject of our little book.

Somewhat strange is it that, with railroads and steam-boats crowded all summer long, with roads thronged by tourists, and with winter residences sought by invalids without number, there is yet no popular work upon the

subject of Health Resorts generally, to which reference can be made. Local "Guide Books" there are in abundance, and purely professional works, such as the standard "Climate," by Sir James Clark, and, the less technically written volumes of Dr. Edwin Lees, but we are not aware of any book which those intending to be on the move, either for health or pleasure, can take up and say "Let us see where we shall go." The following little work is intended, in some degree, to supply this want; much of it is written from personal experience gathered during the brief holidays of a medical man in active practice; as, however, few have either time or opportunity to make an universal tour of England, the author has availed himself of the kind services of friends, as well as of other sources of information, to give correct sketches of some of the localities. Mark the word "sketches," for it expresses the design of the book, which is not set forth as a complete guide, but rather as a guide-post, pointing the way to, and giving some idea of the locality most likely to afford health and pleasure to the individual consultee. Moreover, it is not by any means intended to be the guide where serious illness calls for medical judgment, and very well-considered judgment too, as to the choice of locality, climate, or mineral water. The public are generally but little informed on the subject in question, and it is one on which medical men often make mistakes. Indeed it is difficult for a medical man residing at a distance, to be thoroughly conversant with the effects of soil, climate, and mineral water upon disease and constitution,

although he may be well able to advise upon the subject generally. We would repeat here, what is said more than once in the body of the work, that, in case of illness, an invalid, whilst following the counsel of his or her trusted medical attendant, ought, always, on going to a Health Resort for health reasons, to add to the advice which sent them from home, that of some medical man of reputation resident in the locality they have been sent to. None but local practitioners can be fully conversant with the requirements to be observed, and the advantages to be made the best of, and even a single consultation may make the difference between benefit derived, and time saved, or the reverse.

The standard book on British climate and Health Resorts has yet to be written, but cannot be by one man; a flying visit to a place, testing and tasting, and bathing in the water, or looking over the squares and crescents, can give no adequate idea, or sufficient foundation for a trustworthy guide. A thorough work on the subject must be a compilation from succinct reports, or short treatises furnished by one or more of the most competent practitioners of each locality; or, better still, by a committee, as in the case of the excellent publication "Harrogate and its Resources," of which so large advantage has been taken in the following pages. The principal drawback to a work so compiled would undoubtedly be the natural tendency of each individual to magnify the resources and advantages of his own locality, but this would not be irremediable, and would be small evil to counterbalance the good achieved.

IN directing the reader's attention, specially, to the advice and cautions given in the first part of his little work, the Author would, even at the risk of reiteration, press upon all who really wish to profit by a health tour, the importanec of having some object beyond that of simply seeing new things or scenes, some study, or hobby, or whatever you like to call it, which would give a thread of interest running through the day's pursuits. Tastes will differ, but few will find any studies so engrossing and improving to heart and mind as the study of the natural seienees, or, in better language, of the works of God in nature, which so many of those who dwell in towns—and they constitute a large proportion of our health tourists—have comparatively few opportunities of becoming practically acquainted with. It is a great, and good, and health-giving thing to make the outward beautiful world our “lesson book,” as it is called by one of the most deservedly popular writers of the present day; a lesson-book, too, from the Creator's hand direct, shewing in “‘outward and visible signs,’ His unseen and unapproachable glory.” “Sure I am,” says the same author,* “that it would keep you from many a sin, and stir you up to many a holy thought and deed, if you could learn to find in everything around you, however small or mean, the work of God's hand, the likeness of God's countenance, the shadow of God's glory.”

SPENCER THOMSON, M.D.,
GRANGEWOOD LODGE,
BURTON-ON-TRENT.

June, 1860.

* Kingsley's “Village Sermons,” p. 11.

INDEX.

CHAPTER I.

HEALTH-SEEKERS GENERALLY: THEIR REASONS FOR GOING, AND THE PLACES THEY GO TO.

Leaving Home—Need of Change a Natural Law—Change of Scene—Active-minded Men benefit most—Why and How—An Object requisite—Change of Air—Its Advantages—Ozone—Good Effects of Light—How to get most Air—Exercise—Use to Lungs and Skin—Effects on System generally..... 1

CHAPTER II.

THE SEA AND SEA-SIDE DOINGS.

Choice of Locality and of Rooms—Arrival—Bathing—Cautions—Its Immediate Effects—Good and Evil—Reaction and Depression—Times for Bathing—Conditions of Body—General Directions—Bathing for Young Children and Aged People—Secondary Effects—Good and Bad—Cases most Benefited by Sea-bathing—Temporary Inconveniences—Warm Sea-bathing and Douche—Sea-water—Internal Use—Composition—Effects—Sea-air—Its Benefits and Peculiarities—Enjoyments of Sea-side—Economies and Ethics—Safety and Decency.. 17

CHAPTER III.

MINERAL WATERS: THEIR USES AND ABUSES.

Watering Places—Cautions as to the Use of Waters—Necessity for Medical Sanction—Peculiarities and Virtues of Mineral Waters—Thermal, or Warm; and Cold Springs—Sulphureous Springs—Saline Springs—Chalybeate Springs—Adjuncts to Use... 36

CHAPTER IV.

HEALTH-SEEKING IN TRAVEL.

The Walking Tour—Equipment—Cautions as to Walking—Morning Walking—Cold Water Drinking—Alcoholic Liquors—When Allowable—Choice—Whey and Milk—Rest—The Evening and its Meal—Improving Health—Invalid Health-seeking—Home Health Resorts 42

CHAPTER V.

HEALTH DISTRICTS GENERALLY.

Division of England into Four Districts—Lines of Division—Southern Health District—Mild Region—Characteristics of Mild Region, and its Divisions—Summer Resorts and Mineral Waters—West Health District—Characteristics—Mineral Waters—North of England Health District—Character, Climate, and Mineral Waters—South of Scotland Health District—Distinctions from England—West Coast—Midland and East Coast Divisions 53

CHAPTER VI.

SOUTHERN HEALTH DISTRICT OF ENGLAND.

Its Limits—Thames—By Erith, Gravesend, Southend, and Herne Bay, to Margate, Ramsgate, and Broadstairs—Dover and Folkstone—Sandgate and Hythe—Tunbridge Wells—Hastings and St. Leonards—Eastbourne—Brighton—Worthing—Bognor and Chichester 63

CHAPTER VII.

Isle of Wight—Bournemouth—Weymouth—Jersey—Guernsey—Sark—Alderney 117

CHAPTER VIII.

Torquay—Teignmouth—Salcombe—Devonshire Generally—Cornwall—Falmouth—Penzance, and the Cornish Climate—Last of the South Coast 149

CHAPTER IX.

North Devon, and its Climate—Ilfracombe; its Scenery, its Neighbourhood, and its Sanitary Advantages—Weston-on-the-Sea—Clifton; its Waters, Neighbourhood, and Climate—Bath; its Situation and History; the Baths and the Waters—Departure from South Coast District 170

CHAPTER X.

WESTERN, OR WELSH HEALTH DISTRICT.

Its Limits, and Want of Railroads—Chepstow—Newport—Abergavenny and Cardiff—District of Coal, Iron, and Copper—Swansea—Tenby—St. Catharine's Island; its Sea-views and Landward Interests—Sea Encroachments—Caution as to Sea-side Quarters—Aberysthwith, and How to Reach it 191

CHAPTER XI.

WESTERN HEALTH DISTRICT—*Continued.*

North Wales—Chester—Rhyl, and the Clwyd—Abergele—Conway—Llandudno; its Site and Salubrity—Great Orme's Head, and Church thereon—Views and Copper Mines—Little Orme's Head—Advantages of Llandudno—Conway—Bangor—Beaumaris—The Straits and the Bridges 210

CHAPTER XII.

NORTHERN HEALTH DISTRICT.

Boundaries—Liverpool—New Brighton; its Sands and Donkeys, Lively Views, and Climate—Waterloo—Southport; its Long Streets and its Flatness, Mild Climate, Salubrity, Dryness and Absence of Fog, Bathing, Sea-bathing Infirmary and Strangers' Charity 224

CHAPTER XIII.

NORTHERN HEALTH DISTRICT—*Continued.*

Lytham—Blackpool and Fleetwood—To the Lake District—Piel Pier—Furness Abbey and Ulverstone—Windermere to Grassmere—To Carlisle 234

CHAPTER XIV.

NORTHERN HEALTH DISTRICT—*Continued.*

Dinsdale and Croft, and their Sulphuretted Springs—Scarborough; Position and Climate, Mineral Springs and Bathing—Filey—Harrogate; Early History; Report "Harrogate and its Resources;" Neighbourhood—Askern 241

CHAPTER XV.

MIDLAND AND EASTERN HEALTH DISTRICT.

Boundaries—Woodhall, Lincolnshire—Cromer; its Cliffs and Beach—Lowestoft; its Refuge Harbour 261

CHAPTER XVI.

MIDLAND AND EASTERN HEALTH DISTRICT—*Continued.*

- Buxton in Derbyshire; its Gaseous Waters, Hill Scenery, and Neighbourhood—Ashby-de-la-Zouch in Leicestershire—Apsley Guise in Bedfordshire as a Winter Resort 266

CHAPTER XVII.

MIDLAND AND EASTERN HEALTH DISTRICT—*Continued.*

- Leamington in Warwickshire; its Waters—Malvern in Worcestershire; its Pure Waters and Hills—Cheltenham in Gloucestershire 283

CHAPTER XVIII.

SCOTLAND.

- General Remarks on Health-seeking and Health Resorts in Scotland—Moffat and the Southern Scottish District 297

CHAPTER XIX.

- The Clyde; Glasgow and the Western Scottish District—Rothesay . . 309

CHAPTER XX.

- Edinburgh; the Eastern Scottish District and the shores of the Frith of Forth 320

CHAPTER I.

HEALTH-SEEKERS GENERALLY :

THEIR REASONS FOR GOING, AND THE PLACES THEY GO TO.

LEAVING HOME—NEED OF CHANGE, A NATURAL LAW—CHANGE OF SCENE—ACTIVE-MINDED MEN BENEFIT MOST—WHY AND HOW—AN OBJECT REQUISITE—CHANGE OF AIR—ITS ADVANTAGES—OZONE—GOOD EFFECTS OF LIGHT—HOW TO GET MOST AIR—EXERCISE—USE TO LUNGS AND SKIN—EFFECTS ON SYSTEM GENERALLY—DIET—GENERAL DIRECTIONS.

It has cost us some little thought how best to classify our Health Resorts, so as to meet the needs as well as the wishes of our inquiring readers, albeit these readers being—as we hope—not only very varied as to their personal tastes, but, also, with respect to the motive which sends them roaming. First, we have those who betake themselves to holiday journeyings, not because they are ill, but because they wish to keep illness off, and wisely seek by needful relaxation to preserve the health they have. These form a very large proportion of our summer tourists, and appear in all shades of character.

There is the student, or the worn *young* man of business, mayhap some active *old* man of business, who takes

staff in hand, and knapsack on back, and trudges off on his pedestrian tour to Wales, Derbyshire, or Scotland, or, indeed, anywhere to which his own peculiar pursuits or fancies lead. Of such pedestrian tourists, Mr. White—the author of the “Londoner’s Walk to the Land’s End,” and “Month in Yorkshire”—is the model; but they are of all sorts—sportsmen, it may be—adding a fly-rod to their equipment, and a dish of trout to their evening meals on their progress—or geologists, or botanists. Happy are they who can walk their summer tour—happy, because of the greatly added enjoyment which they thus derive from their trip, and from the increased benefit to themselves; happy, too, in the indication which such a mode of touring gives of yet vigorous health and limbs; but not unhappy must they be counted who, like the more familiar personage, Paterfamilias, too stout, perhaps too lazy, for active touring, quietly departs with all his belongings, by rail, to some noted or quiet-going sea-side place, as his tastes may be.

Now, all these persons we have enumerated are frequenters of Health Resorts, but they are not invalids; they go to keep health, not to recover it; they go, not to drink waters redolent of sulphuretted hydrogen, or inky with iron impregnation; they are not flying from North-Easters with consumption in their train, but they simply go to seek the health-revivers of good fresh air, plenty of exercise, and freedom from business care, adding, it may be—perhaps not always wisely—a little sea-bathing to their other luxuries.

There are, however, frequenters of Health Resorts

who, on the other hand, go, not to keep health, but to recover it, to whom the going is less of pleasure than necessity—who have to seek the sheltered, and generally sea-side, nooks of our island, where they may shun the damp, the cold, and the cutting breeze—who leave home rather in winter than in summer. To a third set of persons, the mineral water to be drank, or bathed in, is the object of the journey. All these must be considered in our little volume; and so we have been led to divide their destinations into

PLEASURE RESORTS, AND SEA-SIDE QUARTERS; CLIMATE
RESORTS; AND WATERING PLACES.

Some of the first, however, come under the heads of the second and third, seeing that at one season they are the property of the seekers of health and pleasure combined, and that at another they are almost entirely given up to invalids. Yet, before we take our departure, or even dismiss the whereunto of our health-seeking, let us get some idea of the whys and the wherefores, of the hygienics of change of air and scene, and of increased exercise—in short, of all we usually seek for when we leave home for health. What are the conditions of most of us at home? Justly do we cling to the things of home, and all that belongs to them and it; to its quiet comforts, its ease and its *abandon*; to our accustomed seat by fireside in easy-chair, or at the study-table covered with books and papers. We think highly of our garden, if we are fortunate enough to possess one;

in short, we love home and all belonging to it ; but even home is not the best place always. There *is* a time for leaving it if we can, and we shall be all the better for doing so. We get sundry ideas or fancies that are somehow associated with every-day scenes and every-day business ; they are not always wholesome ideas, or pleasant fancies, but we cannot shake them off. They, perhaps, cloud our brows, disturb our nights, and spoil our digestion. We know they are not real and true ; but still there they are, looming large and ugly, like the mist spectres of the Hartz mountains, or, as Longfellow has it, like

“ An army of phantoms vast and wan ”

that

“ Beleaguer the human soul.”

Day by day we fight these phantoms, sometimes *they* beat, and sometimes *we*, but, on the whole, they have the best of it, and we call them the blues ; we are “hipped,” and we know it ; but yet we cannot get out of the old tracks of thought as long as we stay with the old cares and anxieties about us, so, at last, either by our doctor’s advice, or by our own, we pack up the “warranted solid leather” portmanteau, or the light knapsack, and are off for as long as our lucky star, as regards business or purse, will permit. Ere many hours are over, we find ourselves drawing in health and sea-breezes at the Telegraph on the Great Ormes Head ; steaming round the Kyles of Bute ; looking after sea anemones, with “Gosse” in our hand, at Tenby ; or, mayhap, getting our ideas, and something else, turned topsy

turvy in a chopping sea between Southampton and Jersey.

Now, what is there in change of air or scene that does us all so much good? It is often said, that till railroads gave the facility for moving, people could do without all this, and staid at home and enjoyed themselves. People *did* do without it, that is certain; but that they would have been better for it, lived longer, and led happier lives is no less certain. It may be, too, that they did not require it quite so much as we do at the present day, for taking things more slowly, more easily some would say, their minds kept at a lower pressure, did not, probably, require so imperatively the periodical "turning out to grass." Read the accounts of the easy way in which the old road travellers took matters, dined on their journey and smoked their pipes afterwards; or how the old merchants or tradesmen locked up counting-house and shop—they do so now in some places—and walked off to dinner. How different is it now, how prevalent is that condition, especially in large towns, which Dr. James Johnson* calls "Wear and tear," a condition between sickness and health, not curable by physic, and which he compares to a ship still seaworthy, but with rigging and seams requiring overhauling, caulking, &c. How common, too, is the etiolation or blanching caused by town life, and which the above quoted author traces as indicative, in the higher classes, of "no avocation," in the middle and lower classes, of "unhealthy avocation."

No avocation; unhealthy avocation! the one with its

* Author of the "Economy of Health," &c.

ennui, its indulgencies, and *its* excitements, the other with its overwork and anxieties, and *its* excitements, are, one or other of them, wearing, tearing, blanching most of us, till it becomes, at some period or other of our career, a question of hopeless bad health, or hypochondriacism, or change of air and scene: we might cite it as one of those beneficent provisions, balances, if we may so call them, of Providence, by which those very powers of mechanism so productive of increased wear and tear in life—at least in business life—bring us also the remedy in the increased facilities for locomotion.

Taking another, and perhaps a higher view of this question of change, we cannot fail to recognize it as a principle prevailing so universally throughout creation, that we must look upon it as a necessity for the preservation, or, what is the same thing, orderly progression of all things. Man's physical nature goes not on well without change; keep an individual too exclusively to one system of diet, and he will come to loathe it, to digest it badly, and to derive little good from it; keep him, mentally, to one limited range of thought—especially of anxious thought, which is to the mind somewhat like food hard of digestion, is to the stomach—and soon you will have him suffering mentally and requiring change. Albeit the man of much mind requires it all the more than one the reverse. Some men, it is true, go on from day to day and year to year plodding in the same horse-and-mill round of business, and feel unhappy if there is any interruption to their usual habit; but it will be found that these are not men of mental toil, but of comparative

mental laziness; they have got into a routine requiring neither much thought or exertion of mind; it causes little wear, but it also causes apathy as regards things beyond the old well known track.

CHANGE OF SCENE.

The advantages to be derived from change of scene are as varied as the minds, dispositions, and habits of those who seek it; generally, the most advantage accruing to those who, when they do work, work well; in short, to those who have the most active minds. It has been remarked that no men seem to get so completely *degagé* on foreign or, indeed, home travel, as many of our hardest-working engineers, lawyers—the doctors, generally, have but few chances of travel—and men whose perceptive and reflective faculties are always on the *qui vive*, and who seek their rest, not in idleness, but in change of mental occupation, to a less irksome and freer exercise of the mind on novel objects, as Dr. Forbes remarks, in his “Physician’s Holiday”—driving out old notions by forcing in new ones, on the principle of the pop-gun.

On the other hand, the man of listless mind derives comparatively small benefit from change of scene; his faculties, the channels through which the advantages should flow, are dull and clogged, and he has yet to learn the distinction between “eyes and no eyes,” and that there is an eye of the mind as well as of the body.

There are men of active mind who, without going into

any special pursuit, yet enter with interest into all things they come across; they are naturally endowed, perhaps, with a keen perception of the beautiful, and then every turn of the road, or river, is a new excitement—every passing cloud-shadow, or glint of sunlight on the landscape is a strong pleasure. Another has an interest in studying character, and here travel opens up to him never-failing sources of amusement and interest. But even to such men, and, certainly, to the great mass of people, the cultivation of some special pursuit is *the* great source of advantage, when change of scene is sought for the mind's health. Some branch of Natural History, Geology, Botany; the now popular studies of the sea-shore; any or all of them give a strong zest to the journey. Natural History we more especially press upon our readers' attention, but all have not these tastes, and to them antiquarian lore, historical and topographical interests come to aid. He must be a dullard, indeed, who cannot find some pursuit which will interest his mind; but, failing such as we have named, or rather in conjunction with them, let him take to fly-fishing; only get something that will carry his thoughts out of the old channels, and avoid lollings on the sea-shore with the last new novel, and listless, aimless strolling, which ends in wishing for the holiday to terminate: well, if the excitements of table indulgence do not step in to destroy what little good the holiday may bring.

We mention these things because we know they exist and take place. Some works, which show well how a holiday may be enjoyed and profited by, have been

published of late years ; as, for example, Dr. Forbes' "Physician's Holiday ;" Erasmus Wilson's "Three Weeks' Scamper through the German Spas ;" White's "Londoner's Walk to the Land's End," and "Month in Yorkshire ;" or poor Hugh Miller's "Impressions of England ;" all the books of active-minded, hard-working men.

You want change of scene ! think over our hints on the subject. Go off with as easy a mind as you can, look upon the step as a duty as well as a pleasure, pack up your cares, or at least as many of them as possible, put them at the back of your head, lock them up there, and leave the key at home, determine to do and see all you can, and if the change of scene does not work a good many of the cobwebs out of your head, and, may be, out of your heart too, and send all those misty giants, we spoke of a little way back, trooping, we give you up as a bad job, and unworthy of lesson No. 1, on the way to profit by our English Health Resorts. So patent for good, indeed, is change of scene, that even to the poor invalid unable to leave the sick chamber, the book of travel will in some degree—but only in some degree—supply the place of the reality. In her "Life in the Sick Room," Miss Martineau speaks warmly from her own experience of the exhilaration produced by the unexpected volume of voyages and travels. "Blessings," says the authoress, "on the writers of voyages and travels, and not the less for their not having contemplated our case in describing what they have seen. A schoolboy or a soldier's eagerness after voyages and

travels is nothing to that of an invalid. We are insatiable in regard to this kind of book. To us it is scenery, exercise, free air. The new knowledge is quite a secondary consideration. We are weary of the aspect of a chest of drawers—tired of certain marks on the wall, and of many unchangeable features of our apartment, so that when morning comes, and our eyes open upon these objects, and we foresee the seasons of pain, or of bodily distress or mental depression, which we know must come round as regularly as the hours, we loathe the prospect of our day.”

When we find even the representation of change, the mere picturing of scenes which the reader may never hope to realize, so powerful for good to the mind, there is little need, perhaps, to add to what has been already said, but we have lately met with some remarks from a recently published work of note,* so apposite, so perfectly in accordance with the above ideas, that we cannot but quote them. The author says—

“Let it be here remarked that recreation can be fully enjoyed only by the man who has some earnest occupation. The end of the work is to enjoy leisure; but to enjoy leisure you must have gone through work. Play-time must come after school-time, otherwise it loses its savour. Play, after all, is a relative thing; it is not a thing which has an absolute existence. There is no such thing as play, except to the worker. It comes out by contrast. Put white upon white, and you can hardly see it; put white upon black, and how plain it is. Light

* The Recreations of a Country Parson.

your lamp in the sunshine, and it is nothing ; you must have darkness round it to make its presence felt. And besides this, a great part of the enjoyment of recreation consists in the feeling that we have earned it by previous hard work. One goes out for the afternoon walk with a light heart when one has done a good task since breakfast. It is one thing for a dawdling idler to set off to the Continent or to the Highlands, just because he is sick of everything around him ; and quite another thing when a hard wrought man, who is of some use in life, sets off, as gay as a lark, with the pleasant feeling that he has brought some worthy work to an end on the self-same tour. And then a busy man finds a relish in simple recreations ; while a man who has nothing to do finds all things wearisome, and thinks that life is ‘used up ;’ it takes something quite out of the way to tickle that indurated palate ; you might as well think to prick the hide of a hippopotamus with a needle as to excite the interest of that *blasé* being by any amusement which is not highly spiced with the cayenne of vice. And *that* certainly has a powerful effect. It was a glass of water the wicked old Frenchwoman was drinking when she said ‘Oh, that this were a sin, to give it a relish !’ ”

Next to change of scene, and, indeed, necessarily conjoined with it, comes

CHANGE OF AIR,

an aid to health seeking, which even they find of advantage who have the benefit of pure air at all times ;

how much more must it do good to the man who has been shut up, day after day, in the unventilated office or workshop, and who exchanges the close air for the free uncontaminated breezes of heaven, laden with the fragrance of earth, or the exhalations of the ocean? Yet, putting aside the obvious causes of benefit, change of air alone does good, as we see it in the ease of hooping cough, when even a pure air is exchanged for one comparatively less pure; and where, as in very young children, change of scene can have no effect. Not that we think it a matter of indifference into what air the summer—we must coin a word—Health-resorter goes, but yet he cannot go very wrong. It is only when invalidism comes in that this point requires to be closely studied, and then it does require much attention; moreover, it is oftener a winter than a summer consideration, and we must revert to it again. We would not, of course, have our advisees seek their summer quarters by the side of a marsh, where ague might lurk on the surface of the half-dried mud; and, in choosing, we would have them cast a sharp eye to the drainage of their favourite locale, and see, too, that the ebbing and flowing of the tide does not cause an ebbing and flowing of town filth poured in near the shore.

Generally speaking, however, few can exchange the air they usually live in for that of country or seashore residence, and not reap advantages. The habitual dweller on the coast must seek his change inland, and, probably the more elevated the site, the more certain the advantage; inland people do not require telling to go to

the sea for change, for few seem to think, in Britain at least, of going anywhere else, unless, indeed, it is to the hilly regions of Wales, Cumberland, and Scotland. What people have done instinctively, science seems to confirm ; for going to the sea-shore and to the hill countries, they go to where ozone is most abundant. This word ozone is perhaps a puzzler to many of our readers, and requires some explanation. Shortly, it is the term applied to a recently discovered principle, existing in greater or less intensity in the atmosphere—in greater, in those situations, as on the sea-shore or lofty mountains, where the air is most pure—in less, where, as in large cities it is less pure. It seems more than probable that this ozone is the oxygen gas of the atmosphere in a peculiar condition ; but whether it is so or no, its existence in greater or less proportion is evidently closely connected with health. As we are digressing into this little scientific explanation, we may as well embrace the opportunity to impress upon our readers how greatly health is influenced for good, especially in the feeble, by free exposure, not only to good air, but to the diffused light of day. This is not the place to discuss the subject, or to bring proofs of what is an undoubted fact, so pray take it upon our testimony—pray act upon it ; we know not, even yet, how much the chemical rays of sunlight influence our physical well-being, so pray, reader, remember when we talk of getting plenty of fresh air, we mean plenty of sunlight as well.

If we seek change of air as a duty, it must be our interest to get as much of the commodity as possible :

one way of course is to be as much out in it as possible, but there is a difference how we "take the air," whether we go about it in an easy *laissez faire* fashion, which does not quicken a respiration or heart-beat; or whether by climbing, walking, running, &c., and by all the modes of exercise we can indulge in—now that we have no dignity to support—we make the heart pump the blood through the lungs in double quick time, and make our respirations, as perforce we must, keep pace. And so one man goes to the sea-side, and lolls on the beach, or in the reading-room, and taking it easy, but gets half measure of the new air; whilst another exercising himself gets double measure and double good.

EXERCISE

tells by inciting both heart and lungs to increased action and energy, and this, done in a pure air, is great gain to the purification of the blood; but exercise does much more, for not only are the lungs, with their large capacity for air, great purifiers, but the skin is little less effective towards the same end. All know the palpable effect of exercise upon the skin; but many, even still, are ignorant that the sensible perspiration is but an increase of an insensible perspiration which is unceasingly poured out from myriads of little pores, the mouths of the sweat glands, and the oil glands of the skin. Stop this insensible perspiration but for a short time—and, as has been proved upon unfortunate animals, death is the quick result; the speedy, fatal effect, however,

being, perhaps, more especially due to the stoppage of the transpiration of carbonic acid gas, which is abundantly thrown off from the skin surface, as well as the oil, water, and salts, from the little glands. Think a moment; the ordinary, insensible perspiration is continually freeing us from a mass of impurity which cannot be retained in our system without injury; convert the insensible perspiration into sensible by exercise, to speak strongly, produce moderate sweating; and if the clothing be rational, you will give off to the winds the cause of many a headache, and gloomy thought. Now, this increased skin excretion must come from somewhere, and so it does, for the increased exertion causes increased wear and tear of system; every step works up tissue; and muscles, blood vessels, nerves, are all used quicker than when the man sat at his desk, or measured his goods. Off go these used-up matters, probably the worst first, through lungs and skin, as fast as they can, and, to make a long story short, the man begins to feel this waste, for from all sides there are telegraphs to the stomach for supplies, and he finds himself getting excessively hungry, the early-dinner hour very welcome, and the formerly capricious stomach ready for anything; and so new supplies go in to supply the place of the old used-up works, and the physical man is getting renovated, taken to pieces, as it were, and built up again, so that by the time his fortnight—or, if he be a lucky man, his month is up—he has become a sort of *alter ego*, and returns home with the wheels so well oiled, and the works going so smoothly, that he forgets all his old grievances.

Our short sketch will be sufficient, mayhap, to give our readers some idea of the actual rational benefit to be expected from change of scene, change of air, and exercise. Have we nothing to say of

DIET

to the health-resorter? We have very little; our chief hint is—do not make idleness, and the non-necessity for exertion of mind or body, an excuse for or incentive to gormandizing; do not let the mind get vacant and ennuièd so that it looks forward to meal-times as means of killing time. At the Health Resort the body should take the mind to dinner, not the reverse; nevertheless, that is no reason why you should not and ought not thoroughly to enjoy meals—as most do under the influence of new air and scene, only let not the table become an object, or then adieu to health, for excess is almost sure to follow, and, with excess, indisposition to exertion. But we are not writing you a book on dietetics. Take with you, to the country, the usual moderate habits every man ought to have when engaged in his ordinary occupation, allowing always for increased appetite. If you are of the number who suffer from weak digestion—if you cannot at home indulge in such things as cucumber, raw vegetables, shell-fish, &c., with impunity, try them not now, they will do you no good, perhaps harm. If beer or wine are habitual to you, take them moderately as usual; in fact, keep to what you know is plain, wholesome diet, and you cannot go wrong.

CHAPTER II.

THE SEA AND SEA-SIDE DOINGS.

CHOICE OF LOCALITY AND OF ROOMS—ARRIVAL—BATHING—CAUTIONS—ITS IMMEDIATE EFFECTS—GOOD AND EVIL—REACTION AND DEPRESSION—TIMES FOR BATHING—CONDITIONS OF BODY—GENERAL DIRECTIONS—BATHING FOR YOUNG CHILDREN AND AGED PEOPLE—SECONDARY EFFECTS—GOOD AND BAD—CASES MOST BENEFITED BY SEA-BATHING—TEMPORARY INCONVENIENCES—WARM SEA-BATH AND DOUCHE—SEA-WATER—INTERNAL USE—COMPOSITION—EFFECTS—SEA-AIR, ITS BENEFITS AND PECULIARITIES—ENJOYMENTS OF SEA-SIDE—ECONOMICS AND ETHICS—SAFETY AND DECENCY.

SEA-SIDE quarters, sea-bathing, sea-air, and sea-side doings generally, absorb so large a share of Summer health-seeking, and, indeed, of Winter health-seeking, too, that they require some special mention.

As regards the choice of sea-side quarters, we cannot do better than refer our readers to our future pages upon Health Resorts ; those who are well, will, probably, be guided more by inclination and convenience as to time and purse than aught else ; those who are out of health would do well to take the advice of their medical attendant in the matter. One hint let us give you. In choosing your lodgings, take care to select them with rooms as large and as well ventilated as you can get,

espeecially if you have ehildren with you. All days are not fine days, even in summer, at the coast, and it is not desirable to have too elosely packed a party ; moreover, if children are out all day, as they generally are, they must sleep at home, and it is not well to have the benefit ^{to health} you look for by the ehange, partly neutralized, by elose and unhealthy sleeping apartments, like Penelope with her web, undoing at night what was done in the day. By all means stretch the point of a few shillings more per week to get good rooms—you will probably save it out of your next doctoer's bill. It is a great mistake to suppose, as some people do, that any kind of close packing will do at the sea-side ; and hencee, those who provide the rooms, finding that any confined little plaece—hole we were going to say—will let, with as many beds in as possible, take no care to have better aecommodation. The evil is such a real, and such a common one, that we would fain press it upon our reader's attention.

We will suppose you safely housed in your lodgings, and, if you have travelled far, quite ready for tea*—and we all know how pleasant is that first dinner-tea at the sea-side, after a journey—with the various little extra adjunets that one meets with, and probably, with that best adjunet of all—a good appetite. You are anxious, too, to look about you, to renew the old familiar scene, or, if it be new to you, to see what sort of a plaece you have got to : some people, however, are so red-hot in the matter, that they must rush off into the water

* Thackeray abuses the "dinner-tea," but he is quite wrong.

straightway. Beware of this, for nothing is more likely to be injurious, especially if your journey has been anything of a journey. Travelling, with all, produces a certain feverish condition of the system, which is by no means a favourable state for an open sea-bath, at any time. Indeed, if you have travelled far, let even the day following your arrival elapse, before you venture into the water. We are now taking it for granted that it is right for you to bathe at all; for we by no means look upon bathing as either the duty or the expediency, with all who go the coast, that it is regarded by some. However, for the present, we assume that you have made yourself sure that bathing in the open sea is good for you, or that you have been recommended to practise it by your medical man. Moreover, we assume that you are not an invalid, but, except the little feelings of wear and tear we all feel after a long spell at business, or some have after a long spell of pleasure, that you are well. That you may not be ill, let us give you a few hints about your bathing proceedings; for, remember, that common and simple as sea-bathing appears to be, it is a very potent agent for good or evil, and one which exerts powerful actions upon the system.

The shock which all experience on first going into cold water, is communicated to the system at large, and the first symptom of it is a gasp, partly nervous, and partly the consequence of the sudden revulsion of blood to the internal organs, lungs and heart especially, the heart-beats being quickened. Quickly, in a strong healthy person, or in one to whom bathing is beneficial,

this first shock is succeeded by a re-action, this re-action being the natural effort of the system to restore the balance of circulating and nervous power. In the sea this re-actionary effort is much assisted by the stimulating effect exerted upon the skin by the saline ingredients of the water, and it is still more aided if the body be exposed to the dash of the waves. In fresh water, these aids to re-action being absent, it is not so thoroughly or quickly established. According to your power of re-action, which you cannot fail to discover before long, should be your exposure to the sea-water, for on that greatly depends the benefit that you are likely to derive from your bathing. If you remain in the water until the system becomes so depressed that the power of re-action is nullified, nothing but injury can result. You come from your bath cold, blue, and pinched-looking, your fingers white and dead, and your teeth, mayhap, chattering like nutcracks, and for the rest of the day you are, probably, languid, sleepy, and miserable. A strong person and a swimmer,* may stay in the water a quarter of an hour or twenty minutes, even longer, and retain his power of re-action; but for some persons two or three minutes' immersion, or even a single plunge is quite as much as they can bear, at least at first, and until they have gained strength by their residence at the seaside. Even, if the shortest possible dip is not followed by the healthy glow upon the skin, and sensations of exhilaration and increased power, it is better

* It must be remembered, however, that swimming is itself a means of exhaustion, especially if long continued.

not to repeat it for a few days. The want of re-action, or the production of depression, is summed up shortly—abstraction of caloric or animal heat; and we need scarcely remark, that the very fact of a person, unused to it, entirely stripping in the open air is one means of sending off this heat, and that exposure to the cold water is another most potent means, albeit, loss of animal heat involves depression of vital action. There are, however, other circumstances beyond the constitution of the individual, to be taken into consideration with respect to bathing agreeing or not, and these are such as increase or mitigate the depressing effects. Thus, a person who could not bathe on a tolerably cold day, might do so in the very height of summer, and especially on those low sandy shores where the water becomes raised in temperature by passing over an extent of sand previously heated by the sun; the water in such situations—as every person knows who has any bathing experience, being warmer than on a rocky or steep shingly shore.

Again, the time of day for bathing may make much difference. It sounds like doing great things, to be out and bathing before breakfast; but it requires a thoroughly strong and good constitution to do so with any benefit. The re-actionary powers of the system are at their lowest in the early hours of the morning, and the chances are that a person, not quite strong, with whom a bath later in the day would agree perfectly, is, after a “morning dip,” thoroughly depressed, languid, gaping, and good for nothing. The same may be said of those

who go into the water suffering from fatigue. Equally injurious, and, indeed, dangerous, in full habits, is bathing after a full meal, such as dinner; violent determination of blood to the head, or even apoplexy has been the result of such an imprudence. At least three hours ought to elapse, and in persons of full habit or of slow digestion a longer period, before going into the water. The best time for bathing, however, is the forenoon, from two to three hours after breakfast. By that time of day, the rest of the previous night, followed by the digestion and stimulation of the first morning meal, has put the body in its best and most reactionary condition. Of course, it will be said that, in many places you must wait for the tide, and take its time for your bath. True it is the "tide won't wait" for you, or come at your convenience; but equally true is it, that the fact of the tide will not alter the fact of your bodily laws; and, if, therefore, to suit the tide, you *will* bathe soon after dinner, you must risk the consequences. If your open sea-bath is of such consequence that you cannot *miss it*, and if the place is such that you *must* wait the tide, then you had better regulate your meal accordingly—take something light and nutritious—a cup of beef tea, if you are an invalid, with or without a little wine—when you should dine, and make your dinner later. It is not good to alter meals thus, but it is better than bathing with a full stomach; and so now having put the pros and cons before you, we must leave you to the choice of evils or good, whichever you like to call or make them. We may add, however, that putting aside

really serious consequences, a fit of indigestion is a very probable sequel to dinner and bath in close proximity. The exhaustion of hunger is no less injurious than the excitement of repletion. Of course, many will think that we are making a bug-bear of the thing, and refining too much, considering the hundreds and thousands who bathe every summer, without rule—let us^m add, often without reason. How many receive no benefit, how many positive injury? None can tell.

Do not suppose that we are writing an indiscriminate condemnation of sea-bathing. Nothing of the kind. We regard it as a most potent agent for the restoration of health, and for the cure of some forms of disease; but then, like other powerful instruments, it should not be employed as it is, rashly and ignorantly, both as regards mode and general adoption. Having told you the dangers which beset the uninformed sea-bather, it is but right that we should give you some additional directions how best to use what, perhaps, is to *you* a great pleasure: that it is a great pleasure to all who bathe we must be allowed to doubt. A good many take the step because they think it a duty if they go to the sea-side, and a good many think they enjoy or ought to enjoy the sea, because they see others doing so, and yet they have a very half-gasping pleasure after all.

To proceed, we will suppose you have got over the fatigue of your journey, that you are not the subject of disease or illness in any way, and that you are ready to bathe at a proper hour. Do not fatigue or over-heat yourself before going into the water, neither run into the

opposite extreme as some do, who, afraid of going in too warm, loiter about till they, especially if they have been heated previously, get chilled: the warmth of moderate exercise is best. Having undressed, do not stand hesitating and shivering before you take the plunge or dip, whichever it is, but in at once, whilst the warmth is still on you, and overhead as quickly as you can. If it is your first experiment in sea-bathing, two or three dips and out again is all you should have, you will thus test your powers of reaction. If you do not experience any of the symptoms of depression enumerated in a former page, you may feel sure your bath has agreed, and you may gradually extend the time of your remaining in the water to seven or eight minutes.

The directions we have given are, of course, meant for adults; a few words are requisite with respect to the extremes of life. We cannot imagine, as a general rule, under any circumstances, bathing in the open sea, in Britain,* to be either beneficial or safe for the aged; and, indeed, after forty years of age, we think the generality of people do well to leave it alone; this, however, is a matter of opinion. The small reactionary powers of the evening of life, that is after sixty, are not calculated to restore the abstracted heat. If old persons must bathe, they should never do so without a second person at their side.

As to children, some enjoy the sea bath from the first, and, if strong and healthy, can undergo a vast

* Of course, the seas around a northern country, like Britain, are considerably lower in temperature than those of more southern parts.

amount of water-cooling without injury, and, if it is not carried to excess, with good ; but delicate children, especially those who are ordered sea bathing for scrofulous and other diseases, must be more carefully regulated. When a child is greatly terrified at the idea of going into the water, and especially, a very young child, we do not imagine that much benefit can accrue from the screaming and struggling scene one sees so often at the sea-side, which results in the wretched little creature being carried out, nolens volens, almost strangling his nurse or mother, and being dipped or half dipped five or six times, coming back shivering and half suffocated with brine, dressing in a shiver, and coming out of the “machine” pinched and miserable, and very different from the warm little being of half an hour previous. As to very young children, that is to say, till teething is over, they are better out of the open sea entirely. We will suppose, however, that you, the adult, whom we were addressing before we digressed to the old and young folks, have had your bath, and that it has agreed tolerably well with you ; walk quietly home, and rest a short while before eating such a meal as dinner, give the system time to recover from the unusual disturbance, take up the newspaper, or some light reading—one should always have light reading at the sea side—or, if you like it better, lie down for ten minutes. If you are in the least depressed, a cup of tea, a small quantity of soup, or even a little wine and water, may be of service, and will facilitate the digestion of the coming meal.

We have noticed the *immediate* bad effects which

may arise from open sea bathing, as well as the kinds of constitution it is most likely to agree with ; there are also secondary effects which do not, perhaps, at once show themselves. At certain periods of the female constitution, bathing is of course quite inadmissible, and it is a question whether it is safe during pregnancy, certainly not indiscriminately and without medical sanction ; again, persons afflicted with disease of any kind, whether functional or organic, who without similar sanction indulge in open sea bathing, do a most imprudent, and, possibly, dangerous thing.

Like other things capable of abuse, sea bathing, under proper rules, is calculated to be eminently useful where it agrees ; more especially does it stimulate—not temporarily but persistently—all the functions, and especially the digestive and nutrient, giving also increased tone to the nervous system, and, through it, improved health in every way. It is, however, in serofula that this agent, judiciously employed, confers the most decided benefits. In cases of chronically enlarged glands, enlarged joints, with or without rickets, tumid abdomen owing to enlargement of the glands within, and in deficient nutrition, provided only actual disease accompanied with fever is not going on. Under the latter circumstances, warm or tepid sea bathing will often at first be preferable to the open sea, and several successive seasons may be requisite to complete the cure ; but as such cases are, or ought to be under medical superintendence, we need not dilate upon them here. For the poor, most inestimable are the benefits conferred by

such institutions as the Royal Sea Bathing Infirmary at Margate, or the Institutions at Rhyl and Southport, and a pity it is that they are not more numerous. We may also mention diseases of general relaxation, or deficiency of nervous tone ; also local affections, the result of disease or accident, as those in which the use of sea-water, hot or cold, partially or generally, is likely to be especially serviceable.

There are two or three minor inconveniences which occasionally result from sea-bathing, which it is well to warn you of. One is a peculiar red rash, which is apt to prove troublesome. With some it only comes out for a few hours after the bath ; with others it is troublesome for a few nights, interfering with rest ; whilst, with a few, it so continues, and is so painfully aggravated after each immersion, that it compels those who suffer from it to give up bathing, at least, for a time, or, it may be, altogether, as in some cases the tendency is never entirely got rid of. It is a peculiarity of skin, and cannot be rectified, though sponging with fresh water, after the sea-bath, may, in some degree, modify it. Independent of this rash, slight feverishness at night is an occasional result of the bath. The effect upon the skin, noticed above, might make us expect some influence to be exerted upon the hair ; it does, at times, fall off a little at first, but this does not go on, and the permanent effect is rather to strengthen its growth. Ladies, especially, have, or used to have,* a great dread of the

* The pictures with which "Punch" indulges us of sea-side doings go to prove that ladies have lost this dread:

effects of sea-water on the hair, but without cause. The slight dryness produced is easily remedied, and the oil-skin bathing-cap is much better dispensed with. Minor disturbances, such as slight indigestion, diarrhœa, or the reverse, may show themselves, for a short time, but if they do not increase, and if the general health and strength keep good they need little notice, and will soon disappear.

WARM SEA-BATHING.

We have hitherto confined our observations to bathing in the open sea, where the individual is exposed to the depressing influences of unusual exposure both to air and water, coupled, perhaps, with a little nervous fear. In cases where these are found to cause injury, and yet disease renders the use of sea-water advisable, there is always the resource of tepid or warm salt-water baths, which may either be resorted to during the entire course of bathing, or, by a gradual reduction of the temperature, become introductory to the open sea. From 75° to 80° Fahr., is the proper temperature for a tepid, and up to 98° for a warm sea-bath. The douche-bath, which is also used, and which consists of a larger or smaller stream of water, directed with some force either upon one part of the body, or upon various parts in succession, is too powerful an agent to be used without medical sanction. It is right, however, to mention, that the effect of tepid or warm salt-water bathing, is much less debilitating than bathing in warm fresh water.

INTERNAL USE OF SEA-WATER.

Lastly, there yet remains for us to notice another use of sea-water, its internal administration. In this point of view it is simply a mineral water, containing a considerable amount of saline ingredient, chiefly of a purgative nature, but, at the same time, containing salts and components which exert what are called alterative effects upon the constitution. As all are aware, the principal salt in sea-water is chloride of sodium, or common salt; but it also contains, in considerable proportion, both lime and magnesia, in combination with the hydrochloric (muriatic) and sulphuric acids. Iodine and bromine are its most peculiar ingredients; and of late years the discovery has been made that silver, to some amount, is held by the sea in solution, but not in such amount that we would counsel our sea-side visitors to look for it in nuggets. Iron, too, occurs in small proportion. The muriate of lime, the iodine, and the bromine, are, however, apart from its purgative qualities, the agents which exert the most undoubted effects upon the constitution, when sea-water is used as a medicine internally. The usual dose of sea-water is half-a-pint, repeated once or twice, according to effect. It may be gone on with, with less risk of depressing consequences than arises from the use of saline aperients generally; indeed, it exerts a tonic influence. In worms, both when drunk, or used as an enema, sea-water is often useful. "Sea-water has been frequently taken in habitual costiveness,

particularly by those of full habit who lead a sedentary life. In this instance its stimulant properties are as useful as its purgative qualities. When it is to be given to children, they are easily persuaded to take the dose, if its nauseous taste be covered with a little port wine.* It is a curious fact, that by the continual use of sea-water as a purgative, although for a short time it produces emaciation, yet its secondary effect is to promote obesity.”†

It is well to mention that the amount of saline ingredient in sea-water—and this may modify its effects both internally and externally—varies a good deal according to situation; proximity to the mouth of a large river tending to diminish the salts by the admixture of fresh water. In the world at large the variation is great, as, for instance, “in the Baltic, a pint of water contains scarcely two scruples of salt; on the coasts of Great Britain, it contains more than half an ounce; in the Mediterranean, much more; and in some parts under the Line, the quantity amounts to more than two ounces.” When you want your sea water for drinking, have it brought from as great a distance from the shore as you can, lest you imbibe more impurities than you wot of, or than the medicine will correct. Indeed, sea water brought from a great depth has a purely saline taste, its bitterness when taken near the shore, being probably due to these impurities.

* Milk, or beef-tea, are also good additions.

† Thomson’s *Materia Medica*.

SEA-AIR.

Thus far we have kept your attention directed to what certainly occupies most thoughts at the sea side—the sea water; but we must say, that though many do benefit by it, many more derive benefit from the sea air, and from the other aids to health of which we have the advantage when we go to our Coast Health Resort. The atmosphere near the sea possesses, unquestionably, properties which inland air does not. Its temperature is more equable, generally cooler in summer and warmer in winter; its general humidity is more constant, and it undoubtedly holds in suspension, or solution, saline particles and free muriatic acid, which, inhaled, exert a very beneficial effect upon most conditions of the weakened respiratory organs, the benefit, probably, also extending by absorption into the blood. As we remarked in a former page, the quantity of ozone is greatest near the sea; the density of the air also is at its greatest, consequently the amount of oxygen inspired must also be in increased proportion. In short, sea air is eminently possessed of those properties which tend to stimulate, and to give a healthy character to the blood, and through it—which is the life thereof, to the entire bodily system. Lastly, the inducements to air and exercise at the sea side are greater, perhaps, than elsewhere. What a mine of wealth of spirits, and healthy enjoyment are the sands to the children, who race over them, dig them over like little navvies, or play “catch me,

if you can!" with the deceitful waves, which do catch them every now and then, to the detriment of shoes and socks, but much to the gain of the fun; not to speak of the delights of donkey riding, when Papa or Mamma can be persuaded to produce the requisite sixpence. One hint to our little friends who are new to the sea side amusements: if you want a quick ride, take your donkeys by the distance; but if you want to go slow, by time. Then, to those who have risen above the donkey, there is the gallop upon the beach, the boating, and the attempts to row and steer, which of course are very eccentric, and cause much amusement, and amusement is just what is wanted. Moreover, for those whose inclination or health leads to more staid occupation, there are the never-ending interests with which now, more than ever, the products of the sea shore are invested, and to facilitate the study of which we have so many accessible and pleasantly-written works, such as Gosse's "Tenby," Kingsley's "Glaucus," Harvey's "Sea-side Book," Wood's "Common Objects of the Sea-shore," and others. But even without special objects of study on the shore, the never-ceasing interest of the "far-sounding," ever-changing, "great and wide sea" itself is sufficient for many minds.

ECONOMICS, OR ETHICS OF SEA BATHING.

We cannot leave the subject of sea bathing without a few remarks upon the great carelessness which prevails as to any provision for the safety of bathers, especially

women and children. Considering the vast number of bathers who now resort every summer to sea bathing quarters, and the great advantages those places derive from the influx, it would not seem too much to expect that some greater provision should be made for safety, especially on steep shores and where strong tides run. It is true that wonderfully few accidents do occur, but no season passes by without some that might be prevented, by the simple precaution of a space inclosed or guarded in some way. The precaution would not of course interfere with the bold and strong going out into the open sea, if they wished.

One more word upon the almost heathen indecency of our bathing-places, which makes one think that much of our boasted refinement is but surface deep. In most places but Britain, male bathers are compelled to wear some sort of decent covering, such as short drawers, which do not in the least impede the movements of the body ; it should be imperative in this country also, and one might give a hint that the present indecency is not diminished by the unblushing intrusiveness of some of the fair sex.

We trust that whatever has been said with respect to bathing will be taken as it is meant—for a caution, and not for a prohibition ; the accustomed bather who retains his health will of course go on as usual ; the unaccustomed bather, or any one who has suffered illness since his last sea side sojourn, will do well to take the advice of their medical man before venturing upon their summer dips.

Did space permit we might amuse our readers with accounts of sea-bathing doings as practised in other countries besides our own. Such, for instance, as those which take place at Cape May—a great American watering-place, well described by Miss Bremer, in her “Homes of the New World.” There, indeed, ladies and gentlemen, from the grave senator or merchant to the miss in her teens, promenade the waves together: only the marine costume is really a costume, not admitting, perhaps, of much erinoline, but with such facility for gay colouring, that old ocean seems converted into a parterre of flowers, or, at least, into a bed of sea-anemones.

The most wholesale migration, however, to the sea side that we have heard of, is described in Mr. Squier’s account of the Central American State of Nicaragua; the extract is from “Chambers’s Journal:”—

“The State of Nicaragua, occupying that part of the Isthmus lies between the lake of the same name and the Pacific; the distance between being, in some places, only about fifteen miles. In this narrow tract there are several large towns, such as Granada and Leon, which, in spite of the breadth of the two oceans, get smoke-dried by the time the dry season advances into March. Then comes on the ‘Paseo Al Mar,’ or bathing season, when a great portion of the population—taken not merely from the upper classes, but from the bourgeoisie and Indian peasantry, rush down to the shores of the Pacific. At that time,” says Mr. Squier, “a general movement of carts and servants takes place in the direction of the sea, and the government despatches an

officer and a guard to superintend the pitching of the annual camp upon the beach, or rather upon the forest-covered sand-ridge which fringes the shore. Each family builds a temporary cane hut, lightly thatched with palm-leaves, and floored with pelatis, or mats. The whole is wickered together with vines, or woven together basketwise, and partitioned in the same way by means of coloured curtains of cotton cloth. This constitutes the penetralia, and is sacred to the *bello sexo* and the babies. The more luxurious ladies bring down their neatly-curtained beds, and make no mean show of elegance in the interior arrangements of their impromptu dwellings. Outside, and something after the fashion of their permanent residences, is a kind of broad and open shed, which bears a very distant relation to the corridor. Here hammocks are swung, the families dine, the ladies receive visitors, and the men sleep. . . . The establishments here described pertain only to the wealthier visitors, the representatives of the upper classes. There is every intermediate variety, down to those of the mozo and his wife, who spread their blankets at the foot of a tree, and weave a little bower of branches above them—an affair of ten or a dozen minutes. And there are yet others who disdain even this exertion, and nestle in the dry sand.”

Lest, however, our readers should think this wholesale bathing somewhat at variance with our previous cautions, we must remind them that bathing in warm or hot climates, and in a comparatively warm sea is very different from the cold air and water of our northern latitudes.

CHAPTER III.

MINERAL WATERS: THEIR USES AND ABUSES.

WATERING PLACES—CAUTIONS AS TO USE OF WATERS—NECESSITY
FOR MEDICAL SANCTION—PECULIARITIES AND VIRTUES OF
MINERAL WATERS—THERMAL, OR WARM; AND COLD SPRINGS—
SULPHUREOUS SPRINGS—SALINE SPRINGS—CHALYBEATE SPRINGS
—ADJUNCTS TO USE.

OUR Health Resorts include, of course, a considerable proportion of localities at which the mineral spring or springs constitute the chief source of attraction, or, where, at least, having once been so, the place has long outgrown its first circumstances, and become frequented for its own sake; being, now, in all probability, resorted to not solely for the medicinal water, but for some beauty of situation and surroundings, and on account of the conveniences and amusements which have been gathered around it. The once secluded spring, frequented only by the peasantry of the district—it may be, as in the case of Bath by the animals—and possessing only a local reputation, has given origin to the handsome town, with all the comforts and elegancies of modern wealth. Of such, Leamington is a notable example; but almost all our frequented mineral springs have become the *fons et origo* of somewhat similar places.

We must refer our readers generally for information respecting the character of these favoured localities to the separate articles in future pages, and from these they may form some conclusion, whether they visit them or not; but, in the case of invalids, we would not offer to guide them in the selection of a mineral water used as a remedy. That must be left entirely to their medical attendant, and in many cases, to some medical man resident at the place, who must be more conversant with the action of the waters, and with the requirements for their beneficial employment, than any stranger residing at a distance.

We would impress this necessity for medical advice, on account of the very loose notions which some people have of these patent medicines from Nature's own laboratory. They seem to be unaware, that though calculated to do much good when properly used in proper cases, they are also capable of doing much evil in improper cases, even death itself having been the result of such imprudence. As many who go to the sea-coast imagine they *must* bathe, so do many who visit a mineral spring think they *must* drink of it; having some floating notions of benefits sure to accrue. These ideas are, perhaps, fostered by the fact, that the action of most mineral waters is rather general than special. There is not the palpable effect upon one organ, but the gradual influencing of the whole constitution. This peculiarity of action renders these agents best suited for the treatment of chronic ailments, and there can be no doubt that, in some of these, employed

under suitable rules, they produce effects obtainable in no other way. The following exposition of the virtues of mineral waters we extract from "Dr. Edwin Lee's Watering Places of England," into which it is translated from the French :—

"The evidence of antiquity with regard to the efficacy of mineral waters, the experience of centuries, which confirms this efficacy, the universal favour in which they are held among all civilised people, notwithstanding the difference of medical theories, sufficiently demonstrate that they are, of all remedies, those of which the reputation is the most justly established. Nature bestows these remedies liberally upon us in order to invite us to have recourse to them more frequently in our diseases. She has consulted as much as possible our delicacy, our taste; she has tempered the virtues of the waters, their energy, and has adapted them to different temperaments. We obtain from plants and minerals many medicaments, but they almost all require certain pharmaceutical preparations, whereas mineral waters are remedies which are always at our disposal: they contain sulphur, carbonic acid, and neutral salts, which are frequently employed in the practice of medicine. Why, when found in Nature's laboratory, should these substances not have an equal power as when taken from that of the Apothecary? Most mineral waters are not harmless; one cannot use them with impunity in cases where they are counter-indicated, and every year persons become the victims of their imprudence. So far from being inert, mineral waters are at times so active, that we are obliged to

moderate their energy by mixing them with milk, or some other emollient fluid."

We need scarcely remark that mineral waters vary greatly in their composition, and are classed accordingly. On the Continent they are very numerous; but as we have only to deal with British Health Resorts, our notice of these springs must be circumscribed.

One basis of classification is into thermal—or warm, and into cold springs, the temperature being simply an addition to the other properties of the water. Of the English thermal springs, those of Bath, Buxton, Clifton near Bristol, Matlock, and Malvern are the most noted. Bath is a saline water, and its temperature is as high as 114° to 117° Faht.; Buxton is warm or tepid, saline, and, specially, gaseous; Clifton is saline, and scarcely tepid; Matlock is a tolerably pure water, cool, scarcely tepid; and Malvern is very pure, and scarcely tepid.

The cold mineral springs of Britain may be classed as sulphureous, saline, and chalybeate. In some places, such as Leamington, all three varieties of mineral waters are found in juxtaposition; or, as in Cheltenham, two of the varieties: moreover, there are scattered over this kingdom numerous springs, which have never attracted much attention, but which, nevertheless, have truly mineral properties.

The best known British sulphureous springs are Harrogate, Moffat, Cheltenham, and Leamington; but there are numerous minor ones which it might be useful for our readers to know, and, therefore, we give their names. They are, Kilburn and Askeron, in Yorkshire;

Codsallwood, Staffordshire ; Croft, in Yorkshire ; Dinsdale, in Yorkshire ; Dudley, Woreestershire ; Kedleston, Derbyshire ; Loansbury, Yorkshire ; Maudley, Lancashire ; Nottingham, Dorsetshire ; Ripon, Yorkshire ; Shapmoor, Westmoreland ; Wardren, Northumberland ; and Wirksworth, Derbyshire. Of British saline springs, the principal are Cheltenham and Leamington ; but to these we may add Ashby-de-la-Zouch or Moira, Bristol, Scarborough, Sydenham or Beulah, and Thirsk in Yorkshire, and Pitcaithly in Seotland. The chalybeates are numerous ; Tunbridge and Brighton in England, and Peterhead in Scotland, are the best known. Arbroath and Hartfels, also, in Seotland, are strong chalybeates ; the latter not far from the sulphur-spring of Moffat. In England we have, in addition, Ashton, Wiltshire ; Bolemore, Worcestershire ; Bromley, Kent ; Haigh, Lancashire ; Kirby, Westmoreland ; Llandridad, Wales ; Luz, Essex : near London there are Hampstead, Islington, and Shadwell.

It is often said that the change of air and scene which accompany a visit to a mineral watering place, and at the same time the amusements, society, etcetera, which are met with, are the real curatives, but this is certainly not the case. These additions, it is true, are most useful, and not to be neglected ; but that very potency for evil possessed by mineral waters, against which we have warned our readers, proves, at the same time, their medicinal powers, moreover, many persons derive much benefit from these waters brought to them at their own homes. Were it not so, we should not have such large

importations of the German waters into this country. However, the invalid visitor to the watering place, who follows no rules of living, who eats and drinks as much, takes as little exercise, and sleeps as late in the morning as he has done in his former luxurious life—for it is, generally, luxurious living that fills the watering places—must expect but half benefit, if he gets that, from either the pure air with which he may be surrounded, or the medicinal water he imbibes or bathes in.

CHAPTER IV.

HEALTH-SEEKING IN TRAVEL.

THE WALKING TOUR—EQUIPMENT—CAUTIONS AS TO WALKING—
MORNING WALKING — COLD WATER DRINKING — ALCOHOLIC
LIQUORS—WHEN ALLOWABLE—CHOICE—WHEY AND MILK—
REST—THE EVENING, AND ITS MEAL—IMPROVING HEALTH—
INVALID HEALTH-SEEKING—HOME HEALTH RESORTS.

Our counsels, hitherto, have been specially addressed to those health-seekers, who, going in the ordinary way of travelling, to their chosen place of resort, whether it be sea-side, hill-side, or watering place, stay out their holiday there, or make, at all events, but few changes. We have got somewhat to say to the peripatetics, the comparatively strong and active, who are always on the move, and on the best move too, that of their own legs. It may seem impertinent to some, trite to others, to say anything about equipment or dress, and yet we do see walking travellers, at times, anything but properly dressed for their work. As regards clothing, nothing can be more suitable than the light porous woollen cloths which are now so general; and no form more appropriate than the easy "shooting-dress," both for form and material, permitting the free escape of per-

spiration, and yet affording sufficient protection. For the head, the pliable felt "wide-awake," which keeps off both sun and rain, is preferable to any other covering; and for the feet, woollen socks, with shoes, stout, but not differing too widely in make from those worn in every day life. A light waterproof cape is a good addition to throw the rain off the shoulders; but still better, a moderately stout Scotch plaid, which is available for so many purposes. Add a drinking cup for the wayside draught; and, for distant views—*not* a telescope, but, as Sir John Forbes strongly recommends in his "Physician's Holiday"—a good opera-glass, which will give you a much better and less fatiguing sight. A pocket-compass is no bad companion in the wilder and less populated districts; only, when you use it, take care of the proximity of your iron-mounted umbrella, otherwise, like Mr. White, in his "Walk to the Land's End," you may chance to get led astray, and find yourself miles out of your course.

We will suppose you "straining upon the slips" to be off, taking the rail to your chosen ground, and making your start. Make not that start too enthusiastically, no ten or twenty miles before breakfast, a very high-sounding, but a very foolish feat, and one that is not likely to have many repetitions if you try it. It is something like bathing early in the morning, it taxes your energies and powers of endurance at the time of day when they are least able to bear it, and the probability is, you are fit for little after breakfast; your power of exertion is gone, and with it the power of enjoying

either scenery or any other objects of interest. "Under the influence of great fatigue or exhaustion, a man's thoughts are too much occupied with his own sensations to permit him to attend pleasantly to what is without and around him."* Even appetite fails under the exhaustion of improper exertion, and the anxiously-expected meal is not improbably left barely touched; albeit, if the undue fatigue has been extended throughout the day, instead of the refreshment of that sound sleep which waits on a proper amount of toil, you will in all probability have a feverish, restless night, and be unfit for much next morning.

Now, we do not mean to encourage you in late rising and late breakfasting, for that were shame in a walking tourist. Six o'clock, if you are well, should find you out of bed, and your ablutions—most necessary in your case—your dressing, and your worship of Him, "Who gives you all things richly to enjoy," should take you nearly to seven o'clock. You will surely find interest in a short saunter until the welcome country breakfast is on the table, and you may be easily on the tramp before the clock sounds eight, A.M. The author to whom we have already referred, and whose "Physician's Holiday" contains so much good advice, as well as good amusement, counsels a different plan, but one, perhaps, more suited to continental travel and customs. He would have you take a cup of tea or coffee with a little bread, before an early start, say at five or six in the morning, and a more substantial breakfast at the first

* Forbes' "Physician's Holiday."

halt, at about ten or eleven o'clock. Some, probably, may find this plan suit them, especially during very hot weather, when there is almost compulsory rest at mid-day, but it will not do for all. You can try it, however, and, as circumstances vary, it is well to have two strings to your bow. In any case we have you upon the road. Do not forget, before you do start for the journey of the day, to provide something for the appeasement of hunger before the probably late arrival at night ; not a heavy luncheon, but a roll, a biscuit, or two or three sandwiches in your tin sandwich box, only be sure that it is nothing that will oppress, for then there is good bye to enjoyment. Never fear for the appetite-sauce ; you may not find it purchasable for simple fare in town, but you will get it genuine here.

But we have had you upon the road for some time, and it begins to get warm, the perspiration has been flying off, the fluids have been exhausted, and the sound of the clear running brook or burn, or of some bubbling spring, is by no means unwelcome. Moreover, you are very warm, and doubt whether you should "drink cold water," much as you would like it. What is to be done? Let us refer to our experienced Alpine traveller and physician. He says, "It would be strange if the gratification of this natural and irresistible instinct were injurious to health, much more if it were highly dangerous, as it is generally considered to be. The prevalent dread of drinking cold water, I believe to be an entire mistake, and so far from regarding it as a thing to be forbidden to the heated pedestrian, I consider its

use to be no less wholesome than it is delicious. I am well aware of the fact that dangerous and fatal results have followed the sudden ingestion of cold water by travellers and others who had been undergoing great bodily exertion in hot weather. In recommending the use of it to the Alpine traveller, I must, therefore, guard myself against all risk of leading him into danger. It is its moderate and rational use I sanction, and advise, not its immoderate and irrational use. The circumstances, and bodily condition, under which dangerous consequences have resulted, or are likely to result, from drinking cold water, seem to be the following :—First, the exhaustion of the strength from previous over-exertion, and consequent depression of the heat-producing and cold-resisting powers ; second, the sudden application to the interior of the stomach of a large quantity of very cold water, when the system is in this state. And so long as the pedestrian eschews this combination of circumstances, I believe he may freely indulge his taste by filling his drinking-cup at every spring he passes in his way. So far from the simple heated state of the body being here an element of danger, I believe the hotter the individual is, provided he be not exhausted, and provided he do not drink an excessive amount of water, the safer is the practice. But he shall content himself with a small cupful at a time ; should drink this slowly ; and, as a rule, rather drink often than much.”

Most excellent advice ! But we hear some one whisper—Is it not allowable, and should we not do better to qualify the water with a little something

stronger, a drop of *eau-de-vie*, “mountain-dew,” or of the “crathur,” according to our locality? We have got upon ticklish ground, as debateable as the Scottish Marches in the olden time. The subject is far from unimportant, and requires some comment. As to drinking anything like strong drink during your walk, and, especially, early in the day, it is ruination; have nothing to do with spirits, undiluted sherry, or even strong beer, the indulgence is all but fatal to enjoyment and power of exertion; keep to your water, or some unstimulating fluid.

But the hours creep on, you have still a good step before you, you are getting tired, exhausted, and are very warm and thirsty, now is the time you may—the opinion is not given without consideration and experience—add with advantage to your draught of the pure element a little wine or spirit, barely a glass of sherry to a cupful of water, or a dessert-spoonful of brandy or whiskey to the same—a few minutes’ rest, it may be a few mouthfuls of your pocket luncheon, and you will start with new life and spirit, and come in better at the close of the day. We have not written the above without knowing well what our teetotal friends and critics will say to it; but we also well know that our words are those of “truth and soberness,” such as will be endorsed by the majority of medical men, and of experienced travellers. When the fatigue and exhaustion of exertion come on, then the small amount of well-diluted alcoholic spirit is a real and most beneficial medicine. Some, we doubt not, will get through their

journey, and a long one too, perfectly well on water alone, but these are the extra-enduring, and we do not write so much for these as for the less strong, who are seeking to cast off the "wear and tear."

Diluted wine or spirit is better, probably, than malt liquor, during a hot walk, unless, indeed, the latter be of a very light character, such as you can get in Scotland under the name of "penny beer," that is, very small, very sharp and brisk beer, bottled for immediate use. It is not stronger than ginger-beer, which is, we believe, allowed by the teetotallers, albeit the latter is not free from alcohol. Light cider, when it is to be had, as in Devonshire, is good and wholesome in moderation; and, of course, when we get abroad, the light wine of the country is another resource, and a wholesome one, withal. Of the unstimulating beverages, whey is good, and milk when you are hungry as well as thirsty, especially late in the day. Taken too early it is apt to oppress, and whatever oppresses, we need scarcely repeat, mars enjoyment. But you sit down under the shade, or on the breezy hill-side, to drink your water or wine and water, and are glad of a few minutes' rest; you are warm, and perspiring; now is the time for your Scotch plaid, which will keep off the chance of chill, or the possibility of a little muscular rheumatism from checked perspiration; aye, and if a thunder-shower should come on, will cover you, head and shoulders and all.

The sun is getting well down in the west, perhaps, has gone altogether, as you draw near the inn, which hunger, thirst, fatigue, everything, makes welcome. Are

you to rush in to tea, dinner, and supper combined, and take possession? Not a bit of it, if you value comfort and health. Take it easy; it will require some little time to get things ready. Have a good wash—strip the upper part of the body, at least—you can go all over in the morning—and wash that and the feet in tepid water, and by the time you have done so, and had a little rest, you may enjoy your meal. What is it? Certainly not a heavy dinner, with two or three courses, wine, beer, and punch after, or woe betide next day's journey; but that pleasant combination of dinner and tea so familiar to tourists, with its plain joint or chop, its ham and eggs, &c. Now, we are likely to come into collision with teetotalism again. Is it only to be tea? asks our traveller. If your own experience tells you you do well with that, or better than with anything else—by all means; but your experience is not for all; and we must allow a goodly number to have, before their tea, with the first part of their meal, a glass of good bitter ale or table beer, or a glass of sherry—it will do good, not harm, and aid the digestion of the meal, by a stomach which somewhat sympathizes with the general exhaustion of the body.

As to food—we are not going to diet you. What we said to the Sea-side Health-seeker, will apply also to you, and need not be repeated. Moderation is the only rule. Neither will we try; for we know it is hopeless to interfere with the cigar or pipe the last thing, and which so many tell you is the “*summum bonum*” to the tired traveller; only, let it be the last thing, and do not

taint the fresh air of the early day, and of the bright scenes of nature through which you pass, with tobacco smoke. And now—Good night! You ought to sleep well, and wake refreshed—wake differently from the comparatively oppressed slumber of “wear and tear,” with another bright day before you, instead of the hours of misery which used to be so weary, but which will be so no longer when you return from your health-seeking. Now, this refreshed waking is only part of the improvement which is going on. Before you left home, very likely, you were irritable, though your amiable temper did not let *that* be seen; but yet you could not help your eyes being tried by too strong a light—your ears, by too jarring a sound—your nerves, generally, from vibrating, when they ought to keep still. All this is vanishing under exercise, freedom from everyday cares and irritations, and continued exposure to the free air and light of God’s sun.

So far, we have written for the comparatively well and strong. A few words to, or rather for, the confirmed invalids; premising, however, that they must depend upon their medical advisers, be it summer or winter, to fix for them the chosen spot where health is to be regained, or disease arrested. During winter, it will, in all probability, be some one of our south or west coast places, whatever the disease; in summer or autumn, the more bracing air of north and east coast; or, better still, of some well elevated region, provided it be not too exposed. It is a well ascertained matter of fact that consumption, especially, becomes rare in lofty situations;

and recent investigations have proved that the death-rate from consumption in the northern hill counties, such as Cumberland, is considerably less than that of the southern districts of England, such as Devonshire. Moreover, the general good effects of an elevated site of residence—feelings of lightness, cheerfulness, improved digestion, &c.—are most likely to be experienced by those who have been previously located in some warm, sheltered nook of the coast. Warm, sheltered nooks have we for winter,—Summer Health Resorts, with bracing sea-breezes, and hill and mountain air,—Why should our invalids go, or so often be sent abroad? So often to die. On this point, let us quote a high opinion, that of the late Dr. James Johnson, who remarks as follows:—

“Those who have not witnessed lingering illness and death-bed scenes in distant climes, can form no just conception of the tide of mournful emotions which daily rushes over the mind of the dying stranger in a foreign land. Death is deprived of more than half his terrors by the sympathy of friends, and the consciousness that our ashes will be deposited in the land that gave us birth, near those whom in life we cherished, loved, or revered. This may be a prejudice—perhaps, even uneasiness; yet it is natural—it is instinctive—and the instincts of nature can seldom be repulsed, even by the most philosophic minds. But the sigh of sorrow, perhaps of regret, is not always buried in the grave of the sufferer on these occasions. The companion, who counts the tedious hours of protracted disease, and closes

the eyes of departed friends in a foreign country, undergoes a terrible ordeal, always harassing to the feelings, and not seldom hazardous to life, while the surviving relations at home are subject to the painful anxiety of suspense—sometimes to the poignant stings of remorse, for leaving the suffering victim of an irremediable malady to expire on a foreign shore.”

CHAPTER V.

HEALTH DISTRICTS GENERALLY.

DIVISION OF ENGLAND INTO FOUR DISTRICTS—LINES OF DIVISION—SOUTHERN HEALTH DISTRICT—MILD REGION—CHARACTERISTICS OF MILD REGION, AND ITS DIVISIONS—SUMMER RESORTS—MINERAL WATERS—WEST HEALTH DISTRICT—CHARACTERISTICS—MIDLAND HEALTH DISTRICT—CHARACTERISTICS—MINERAL WATERS—NORTH OF ENGLAND HEALTH DISTRICT—CHARACTER, CLIMATE, AND MINERAL WATERS—SOUTH OF SCOTLAND HEALTH DISTRICT—DISTINCTIONS FROM ENGLAND—EAST COAST—MIDLAND AND WEST COAST DIVISIONS.

HEALTH Resorts, Pleasure Resorts, and Watering Places—How are we to take them? We cannot do so hap-hazard, and alphabetical is but a rough sort of arrangement: if we take one kind of resort and then another, we shall be hopping all over the kingdom, incurring no end of expense in railway fares, and getting no rest. As a solution to the difficulty, we must take the liberty of dividing England and part of Scotland, for ourselves, quartering the former into four natural but not by any means equal divisions.

Take your map—begin your operations at London, or rather lower down the Thames, where the Medway opens, draw a line due west; it will take you into the Bristol Channel, just at the mouth of the Severn, a

little to the north of Bristol, where the "Silver Avon" joins the "Princelie Severne." From this point, at Severn mouth, take a second line, running as nearly due north as possible, and follow it out till it lands you in the Mersey—or, if you like it better, beside it—just where it widens to form its embouchure. Our third line, commencing where our second terminates, we must carry north-eastward to the point of junction of the rivers Ouse and Trent with the Humber. We have now three imaginary lines connecting the estuaries of the four principal English rivers, and dividing, for us, the country into four districts, and, as regards the treatment of our Health Resorts, four very convenient districts. South of the line from Thames to Severn lies our

SOUTHERN HEALTH DISTRICT,

a large proportion of it made up of what Sir James Clark has marked off *en masse* as the Mild Region of England, and subdivided into four minor districts, with special reference to winter residence. These minor districts are the "South Coast, comprehending the tract of coast between Hastings and Portland Island; the South-West Coast, from the latter point to Cornwall; the district of the Land's End; and the Western Group, comprehending the district along the borders of the Bristol Channel and the estuary of the Severn." We should remark that to our Southern Health District there must be appended the Islands of the Channel, Jersey, Guernsey, &c.

The comparative winter warmth of the Mild Region, is, undoubtedly, in part due to latitude, but the proximity to the sea greatly adds to it, aided, as it is, by currents from southern oceans. As we approach the South-West Division both warmth and moisture are increased; added to these advantages, however, we must have protection from the cold northern and eastern winds, to make the winter health-resort complete. Of such protected localities, Hastings, the Undercliff, Torquay, Clifton near Bristol, are our best examples; but other places, such as Brighton and St. Leonard's, offer many, and, often, counterbalancing advantages, combined with a minor degree of shelter. From the end of October, to the beginning or middle of May, according to season, is the invalid term for these Resorts of the Mild Region, and Sir James Clark thus classes the advantages they offer. As regards the South Coast division he says,—“The mean temperature is from one to two degrees above that of London during the winter months. The superiority is greatest in those months in the following order:—January, February, December. It diminishes in March, and in April and May the temperature of the coast is nearly the same as that of London and its vicinity. In June, July, and August, the temperature of the coast is about one degree less than that of the interior. In September and October, the mean temperature of the coast and of the interior is nearly equal, but in November that of the coast begins to rise above the other.” As compared with London, the night temperature is warmer at the

coast, and the temperature generally not subject to the same extent of range. The South-West Coast Division which takes in principally the south of Devonshire, has a winter temperature nearly two degrees higher than that of the South Coast division, and nearly four degrees higher than London. "The difference is most remarkable during the months of November, December, and January,"* less so in February, and in March and April does not amount to one degree. The district of the Land's End very nearly approximates that of the South-West as regards climate, whilst "The mean temperature of the Western group of climates during the winter is rather lower than that of the South Coast, but in spring rises a little higher." Although our observations are principally directed in these localities with reference to winter advantages, it must not be supposed that their visitors are of winter alone; they have many summer residents, but of a different class. The sea neighbourhood, the abundant accommodation, the scenic beauties, and the society, all combine to attract; consequently, many go for health and pleasure combined, many for pleasure alone. Moreover, within the limits of *our* Southern Health District, but not in the Mild Region, Ramsgate, Margate, Broadstairs, Dover, Folkestone, &c., are real sea-side summer places, and the two latter, with some reputation, as winter residences.

The Mineral Waters of our Southern Division are not numerous. Bath has its warm springs; Bristol, and Sydenham or Beulah Spa are the salines; and the best

* Clark on Climate.

known chalybeates are Tunbridge Wells and Brighton, to which may be added Bromley in Kent, and Ashton in Wiltshire. There are, doubtless, other springs of minor, it may be equal merit, but if so they have not yet met a chronicler. Our second line, from Severn to Mersey, gives us on one side the broad and fertile mid-
counties of England, on the other, the lofty mountains, the pastoral valleys, and wide varied coast line of Wales. It is with the latter, our

WEST HEALTH DIVISION,

we have now to do. Essentially, a district for the summer tourists and health-seeker, it has yet its sheltered nooks, particularly towards the Bristol Channel, where winter's visitations are but short and gentle. One feature of our district the first glance of a railway map brings out most clearly, it is nearly a blank space as far as the modern mode of transit is concerned, contrasting strikingly in this respect with its neighbours, Lancashire and Mid-England, laced and interlaced with the iron roads. This absence of rail communication—except on the north and south borders of the Principality—is, doubtless, due partly to the comparative poverty of the country, and partly to the engineering difficulties which probably exist; it has, however, the advantage of preserving it from that rush of rail travellers which overwhelms nearly every resort it reaches, and of keeping a few quiet spots of beauty in their primitive retirement. Do not, please, bring the charge of exclusiveness against

these remarks, for have not the rails the command of nearly all England and great part of Scotland, and shall we not retain a few oases for those who really love retirement, and trout streams not quite emptied of their inhabitants? Moreover, those who wish, easily, to visit Wales, and get some idea of its beauties, have the rail facilities on its north and south coasts, which open up to them, as we shall see hereafter, some of the best seaside resorts, and some of the finest scenery. In mineral waters, the district is very deficient, not possessing one of any note.

THE MIDLAND HEALTH DISTRICT,

bounded southward by the line from Thames to Severn, westward by that from Severn to Mersey, and northward from Mersey to Humber, embraces the great body of Mid and East-England; and yet, large as it is, it has comparatively few health resorts. The sea-coast is much less in proportion than in other districts, is less accessible by rail, and, when reached, is for the most part wanting in many of the attractions which the coasts of other districts offer to travellers; likewise, being the east coast, it is not pleasant as a place of residence in the spring and earlier summer months. Lowestoft, Cromer, and the neighbourhood of Yarmouth, are, perhaps, the best known places. Inland, the undulating country of the new red sandstone gives a fertile, but unpicturesque character to these mid counties, and the principal attractions of scenery are confined to small

districts, such as that around Malvern, and in Derbyshire, where there are variations in the geological development. Not that there do not exist in this great district hundreds and thousands of lovely spots, splendid views of tracts of cultivated country such as England alone can show, and scenes of quiet beauty ; but, putting aside the places just named, we have no much-frequented resort of the tourist in search of change or of the picturesque. The deficiency in this respect is, however, in some degree made up by the mineral watering places which are scattered over the district. Not very far north of our southern boundary line we come upon Cheltenham, Malvern, and Leamington ; towards the middle lie Matlock, Buxton, and Ashby-de-la-Zouch ; and further north numerous other places, for the names of which we refer our readers to our chapter on Mineral Waters. As might be expected, the climate of so large a district as this great Midland one is very varied. Towards the east it is often, when east winds prevail, most ungenial, coast localities having, during the winter, the temperature only slightly modified. In the Midland counties, as the distance from the sea increases, are to be found some of the blakest and coldest climates in England, while towards the south and west, milder air and earlier springs prevail, influenced, nevertheless, by exposure, shelter, and the geological formation of the ground, surface, and subsoil. A good instance of a locality thus modified, and rendered suitable for an invalid residence, is Apsley Guise, in Bedfordshire, of which, more anon.

The northern line of our Midland District from the Mersey to the Humber cuts us off

THE NORTH OF ENGLAND DISTRICT.

The coast line of this district—we have it now on both sides—is much more extensive than in the last; it has, too, bolder, and more picturesque features generally, and we get more of the region of mountain than we have hitherto met with, except, of course, in Wales, especially towards the western side, where the hills of Cumberland, Westmoreland, and Yorkshire, joining the Border Cheviots northward, hold on their southern course till Derbyshire sees their termination. We need scarcely remark, that here we have a region rich in haunts for the tourist and health-seeker, for the Lake District is a host in itself. On the East Coast, Scarborough and Filey, Bridlington and Whitby, are best known as sea-side quarters, though smaller places dot the coast to Tweedmouth. On the West, around Liverpool, resorts for health and pleasure lie thick on the shores of the Mersey embouchure. Egremont, New Brighton, Waterloo, Seaforth, close at hand; further North, Southport, Lytham, Blackpool, Fleetwood, Peel, Morecambe, all open their doors to the summer visitors. In mineral waters we are not rich—Harrogate and Scarborough are best known; but in Yorkshire we find sulphureous springs of lesser note—Askeron, Croft and Dinsdale, Loansbury and Ripon: Thirsk is a saline, and Kirby in Westmoreland, chalybeate. The climate

of a district presenting so much difference in elevation, and, consequently, in shelter, is greatly varied, although the proximity to the sea gives a certain equality, and to the West, especially, considerable mildness, with much wet : the Northern latitude and mountain ground exposes some spots to the full rigour of winter ; but as to the salubrity of the climate there can be no doubt.

SOUTHERN SCOTLAND.

Such are the general characteristics of the four great Health Districts of England ; but England is not Britain, and we have yet another dividing line to take, and fit one, too, for the land of mountain and flood, for it lies along the border hills, and ends with the Tweed. North of it lies the land of the tourist health-secker, seeing that Scotland's mountains, lochs, and rivers have the lion's share of visitors. We are not, however, going to take you off to the Highlands, whence we should certainly not get back for the rest of the summer ; but as rivers have hitherto marked our boundaries, they shall do so still, and we make Forth and Clyde the limit of our range, but even this limit gives us abundant scope. Scotland has no watering places to vie with Brighton, Torquay, Harrogate, or Leamington, but she has numerous pleasant resorts of less pretension, many of them rendered interesting by the romance either of situation or of history. The East Coast is studded with little sea-side resorts from Berwick to Edinburgh, the centre of the district gives the picturesque and lovely pastoral scenes of the Southern

Highlands, and when we go to Frith of Clyde we shall find the whole shores dotted with habitations, the detached villa, the splendid mansion, and the rising town. The mineral waters are few, and, compared with those of England, little visited on their own account. When we have named Moffatt, Piteaithly, and Peterhead, we have given the most noted.

CHAPTER VI.

SOUTHERN HEALTH DISTRICT OF ENGLAND :

ITS LIMITS—ERITH—GRAVESEND—SOUTHEND AND HERNE BAY—
MARGATE, RAMSGATE, AND BROADSTAIRS—DOVER AND FOLK-
STONE—SANDGATE AND HYTHE—TUNBRIDGE WELLS—HASTINGS
AND ST. LEONARDS—EASTBOURNE—BRIGHTON—WORTHING.

OUR Southern Health District, we have already remarked, includes, as its most characteristic section, that part of Britain which has been described by Sir James Clark as the “Mild Region of England,” and which extends from about Hastings on the coast of Sussex, along the shores of Hampshire, Dorset, Devon, and Cornwall, turns the Land’s End, and terminates somewhere about Weston-Super-Mare, at the opening of the Severn mouth into the Bristol Channel. In this mild region we must also include the Channel Islets.

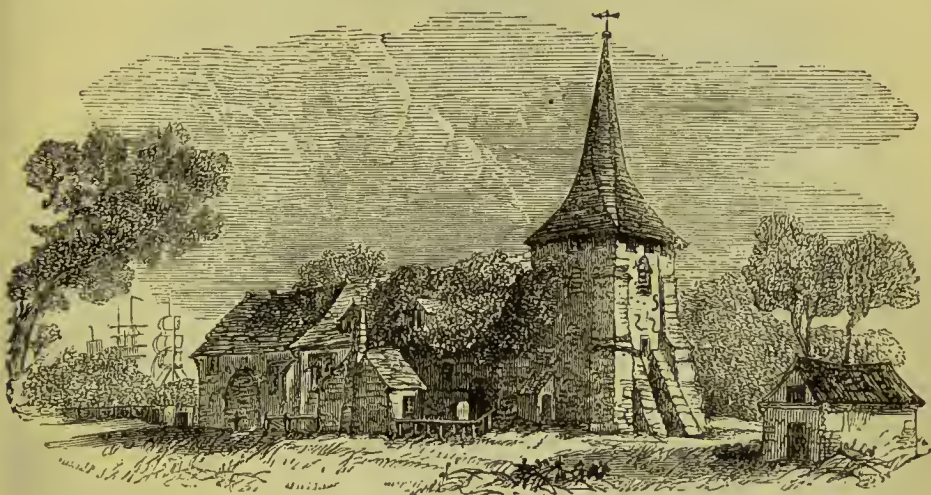
The whole is, emphatically, an invalid region, though it possesses many a pleasant place for summer visitors, and many a wild scene as well ; but its characteristic is the mild, sheltered, south-exposed, sea-tempered resort, where our invalids seek covert from the rigours

of winter, and the, perhaps, more trying east winds of spring. One portion of our Southern Health District has, however, no right—probably, no desire, to be classed as an invalid station; its visitors are, for the most part, summer birds, and are seeking pleasure more than, or at least as much as, health.

What would Londoners, who want their annual sea-airing, both for themselves and their families, and who yet cannot go far, or altogether from home, do without that stretch of Kentish coast which, including the white cliffs of Albion, extends from Gravesend, round the North Foreland, the South Foreland, and, stretching beyond Sandgate, merges, as it were, by its last localities, into the mild region. It is what the Clyde is to Glasgow, the Mersey shores to Liverpool—an outlet of easy access, where the well-to-do man of business may locate his family, and may himself escape to for flying visits, without quite losing sight of the shop or the counting-house. Ramsgate and Margate were for long *the* places of resort, and their names were familiar as such, while many now rising into fame were but collections of fishermen's cottages, or even bare sea-shore; now the whole coast is becoming studded with summer sea-side homes.

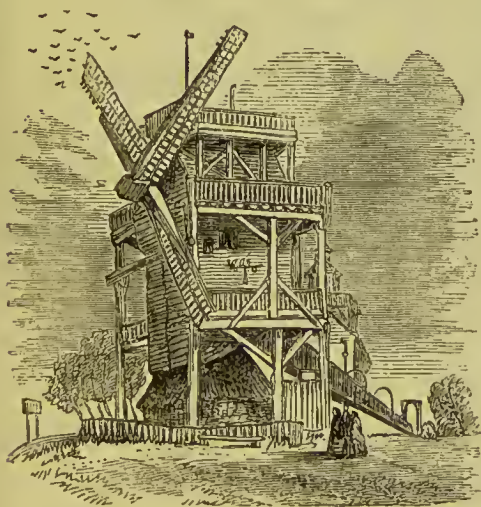
How do we make our start? London Bridge, of course,—but, Rail or Boat? If beauty of country be your object—a ride through “The Garden of England” guarantees it—choose the former; but, as *we* are healthward bound, we must adopt the latter, not because the Thames banks, apart from extra objects of interest, have

much in themselves to recommend them, but because we more readily get among our Health Resorts.



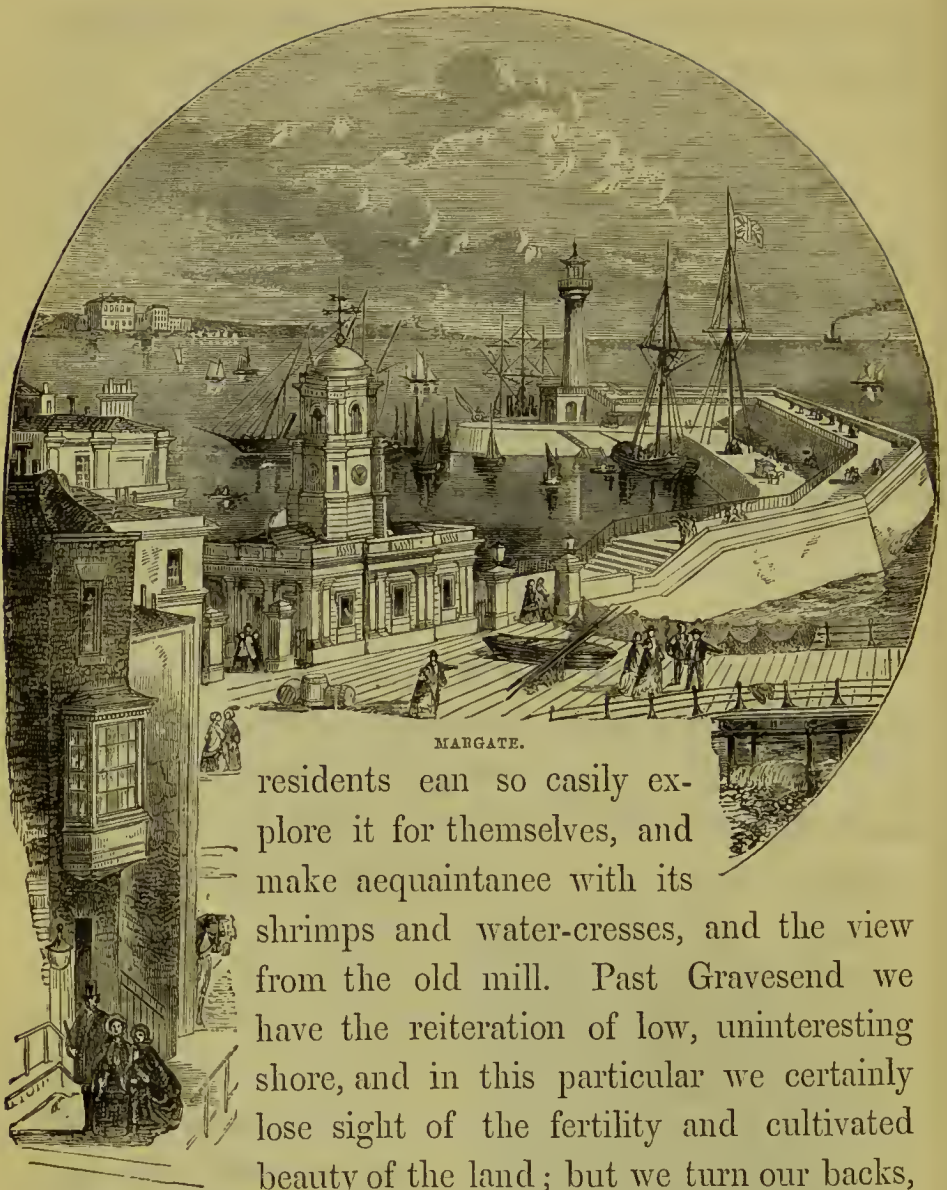
ERITH CHURCH.

As we steam down the river, Erith, with its old ivy-mantled church, backed by wooded knolls, gives some indication of Kentish richness, and is some little break to the flat monotony of the shores. Well do we remember



WINDMILL HILL, GRAVESEND.

how they looked the first time we steamed up between them on a dull November morning. Greenhithe—Gravesend—and we reach the first spot we could with any consistency look upon as a sea-side resort. A very great resort Gravesend certainly is ; but we have too many distant places, too many real sea-sides to notice, to keep you here, especially as London visitors or London



residents can so easily explore it for themselves, and make acquaintance with its shrimps and water-cresses, and the view from the old mill. Past Gravesend we have the reiteration of low, uninteresting shore, and in this particular we certainly lose sight of the fertility and cultivated beauty of the land; but we turn our backs, or rather our sides to it, and looking steadily forward, open our lungs to the sea-breeze, which is now fairly saluting us. Moreover, if the shores are tame, the shipping is not—that wonderful stream of shipping which is ever setting up the mouth of “*The River*.” The reeding shores, and, mayhap, the increasing motion of our boat,

and its consequences, tell us that we are nearing that mouth, and the embouchure of the Medway, and the Nore light confirm the information. On the Essex or north side, a long pier, with a sail-propelled truck running up it, tells of the quiet flat of Southend, and that, too, is a sea-side Health Resort, only the sea gets such a long way off at low tide you almost doubt it. However, tastes differ, and some people will like Southend, with its quiet, very quiet ways, and its gossiping boatmen. If they do not, they can cross the water to the Kentish side, to another long pier, not so long, however, as the last—and to what ought to be a rising locality—and fix themselves at Herne Bay. It is economical withal, and possesses most of the conveniences of a watering-place; moreover, the “Head of the House,” on his journeys to and fro, is sure to come in for a good share of sea-air, and, at times, sea-something-else, which will do him no harm.

We have committed ourselves to boat-travelling, and though it is not the best way of entering Margate, must keep to it. Now, we cannot dis sever, though they dis sever themselves, those possessions of the Isle of Thanet,

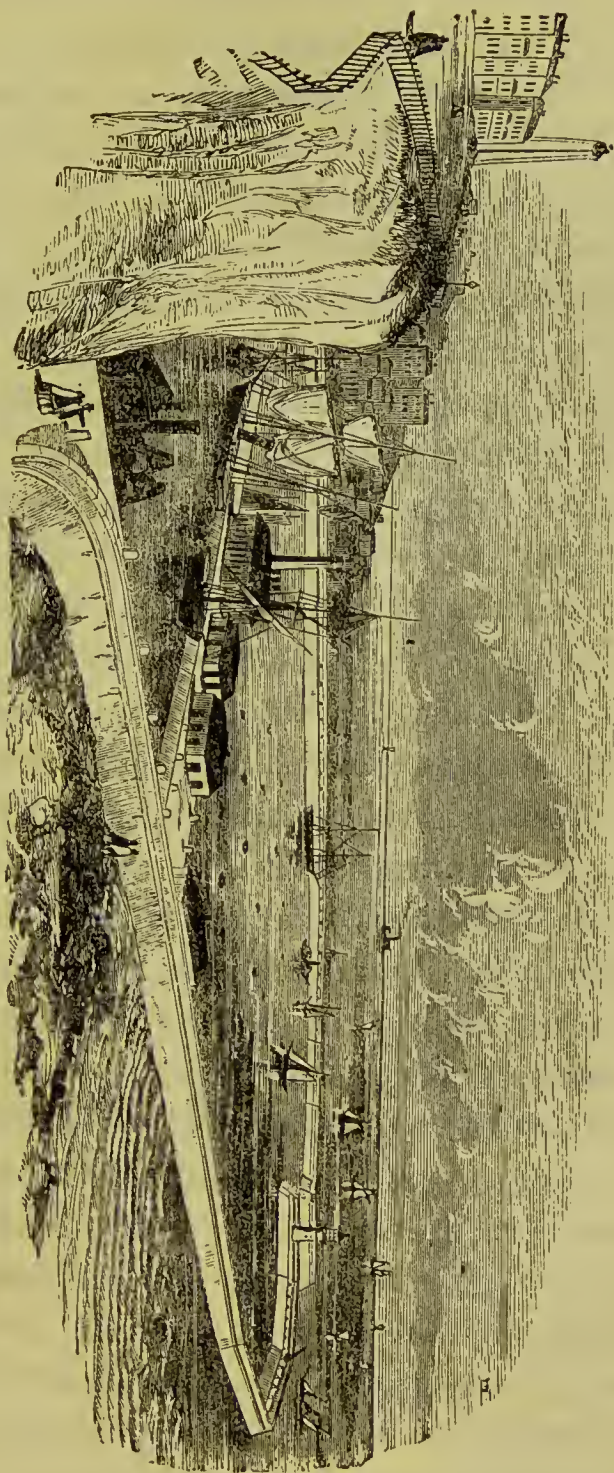
RAMSGATE, MARGATE, AND BROADSTAIRS,

a triad of London's chief sea-side outlets. Had we come by rail we should have made Ramsgate first, but now we must land on the fine in-curved, terrace-raised pier of Margate. We do so, at least, if the tide be better than half-full; if not, we look rather blankly at the distant pier, and its



MARGATE FROM THE RAIL AY STATION.

RANSGATE HARBOUR.



expanse of mud, on which the boats and small vessels rest, as if they had turned on their sides and gone to sleep. To a stranger, there arise uncomfortable visions of small boats crowded to the gunwale, and boatmen's shoulders. Quiet yourself as you find the steamer gently easing round to "Jarvis's landing-place," at the back of the pier. Now, the necessity which has occasioned the construction of this amphibious jetty—part of its time is spent under water—indicates that we must expect a flat shore for bathing, and such we find it. This flatness—somewhat of a drawback it may be, is well compensated for by the great extent of sands, by the pleasant facilities for rambles among the cliffs around the town, and by the numerous pretty and interesting walks in the vicinity. Margate may be taken as the model of a well-regulated, not too modish, sea-side watering-place, and is admirably calculated for its London visitors, who come down at the rate of 100,000 per annum. In addition to the sands, the cliffs, and the walks, the fort, and the beautiful pier, constructed specially with a view to promenading, are great attractions; and last, not least, sea-breezes of the freshest kind are combined with the comforts and agreeabilities of civilized life, almost too much so, perhaps; for as London, its ways, its shops, its amusements, are imported direct, you scarcely lose the flavour of the Great Metropolis sufficiently. It is well that tastes differ, for to some the loss of Town comforts and conveniences—London bread and London meat, for instance—would more than counterbalance the pleasure of the change, were it accompanied with what

we call roughing it. Moreover, if our visitor has read our sea-bathing cautions, and is afraid of, or has been advised against bathing in the open sea, he will here find the means of tepid or warm sea-bathing in perfection. In short, if you are a tired Londoner, not too dignified or *distingué*, and want a week or more in a cheery, bright, life-loving, and a not too constrained seaside resort, with all the materials for healthy enjoyment and *abandon*, you cannot do better than go to Margate; four hours' rail, or less, will whisk you back to London Bridge, though how much longer it will take your cab to squeeze through the choked streets you must calculate yourself.

But some of our friends vote Margate, with its outside amusements, its lotteries, and, perhaps, its yellow slippers—low, *bourgeois*. It is not quite so—what shall we call it?—genteel or exclusive as Ramsgate, nor so expensive as Broadstairs, but the air is not a whit behind. However, a great many will like Ramsgate best, and in some things it undoubtedly is best. The sands are allowed to be pre-eminent in their way, and the promenade upon the magnificent double piers, which inclose the well-known “Ramsgate Harbour,” is perhaps unequalled in the kingdom. Well does it deserve the name of harbour, for often has it sheltered a whole fleet of tempest-tossed vessels, which prize it not the less from its vicinity to the dreaded Goodwin Sands. And yet, some stormy night or day, all may not have succeeded in gaining the shelter, and well-known signals tell of distress upon the Goodwins. The Life-Boat is



off—you have the strongest of human interests and excitements before you. Surely, if you were the most confirmed of hypochondriacs, they will take you out of yourself. You have been, perhaps, mourning over some imaginary danger—what is it to that of the gallant fellows who are straining at the oars amid the raging seas, or of those they seek to save? You cannot but feel sympathy and excitement as you watch the course of that rising and falling boat—and now they are at the wreck—a little while goes by—they are returning, but the boat goes more heavily—others are with them. As they land in safety, you must feel there has been more



of exciting interest compressed into what seems a very short time, than you would have met with in half-a-year at home. Actually, you have forgotten "that pain in the side" for the last two hours. Valuable as this harbour is, it has one drawback, it cannot be entered at low water, and that is the reason why the light at the western pier-head is not always lit: it is so only when the harbour can be entered.

In such a place as Ramsgate, of course, we meet with every facility for bathing on its beautiful sands; but one facility is absent—privacy. How is it, that amid the well-bred visitors of Ramsgate, and, indeed, of many other places, both modesty and manners seem to be left at their lodgings, so that bathers on the one hand, and the line of lookers-on on the other, some with opera-glasses or telescopes, seem to have no more sense of decency than so many South-Sea Islanders. Ramsgate, it is true, has not Margate's extensive sands, but, surely, it is not obliged to huddle its bathers together; and loungers are, surely, not compelled, by the paucity of the walks, to select the very immediate vicinity of the machines for their walk at high noon.

Ramsgate, which is larger than Margate, has a somewhat warmer climate. It was originally built in a hollow in the cliffs, but like similar places which have risen into favour, it has spread its terraces and creseents up the sides of the valley, and now numbers a population of nearly 15,000, independent of casual visitors. One cannot wonder that Ramsgate, with all the advantages we have enumerated, is a favourite resort, especially

with those who prefer its comparatively constrained life to that of more free and easy going places. You may, to be sure, defy opinion and *négligé* it as much as you like at Ramsgate, but as that is not the tone of things generally, few care to be singular, and in these little conventionalities it is better to do at Rome as Rome does. If you do not like Rome's ways do not go, we will show you lots of other places. And yet, Ramsgate is by no means quiet, for there is plenty of bustle and animation, as, indeed, there ever must be, where abundant shipping, ship-building, fishing, and other businesses connected with the "great waters" are actively engaged in and carried on. If you prefer quiet, but a somewhat exclusive quiet, you will find it at Broadstairs, but it will be after an expensive fashion. Midway between Ramsgate and Margate this retired little watering place lies snugly beneath the bold jutting promontory of the North Foreland, which rises about a mile and a half distant. Broadstairs possesses good firm sands.

It is almost superfluous to remark that a place like Ramsgate is well furnished with all the appliances for the light occupation of time, such as Assembly Rooms, a small Theatre, Music Room, &c. It also possesses institutions devoted to more serious matters, a Literary Institute, Libraries, &c., and offers abundant accommodation for the services of religion—Church of England, Romanists, Dissenters and Jews, will all here find their own places of worship; the latter well countenanced by Sir Moses Montefiore, whose place, East Cliff Lodge,

lies between Ramsgate and Broadstairs. Its ample accommodation and well supplied markets render Ramsgate less expensive than many other places of minor pretensions. It is not here our province to speak of railway arrangements, suffice it, that as our previous pages have indicated, every facility is given for reaching these favourite places from London both by rail and boat; London Bridge being the point of departure.

DOVER AND FOLKSTONE.

Possibly, during our stay at Ramsgate, we may have visited Pegwell Bay, of shrimp notoriety; it may be, Deal, and the Downs; but now we must go further, and turn the South Foreland to reach the busy town of Dover, the principal of the Cinque



DOVER CLIFF.

Ports, the chief pilot-station also, and long well known as the point of departure for the Continent, until Folkstone stepped in to share with it this part of its advantages, and, now, Folkstone and Dover are as naturally connected together in name, as Ramsgate and Margate. It is only, however, since the opening of the South Eastern Railway, and by the exertions of the Company for its improvement, that Folkestone, or Folkstone,

has assumed its present importance as a Packet-station, principally for Boulogne, and acquired its reputation as a summer sea-side resort and bathing place.



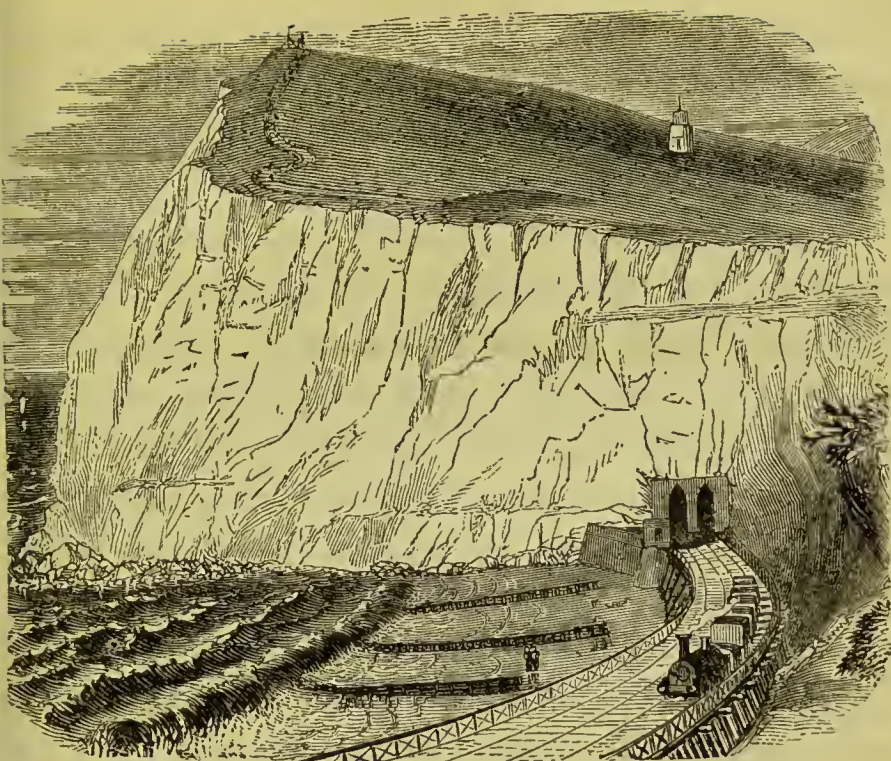
SOUTH CLIFF, DOVER.

With Dover two things are most generally associated—its Cliffs and its Castle. The former, the bold white chalky cliffs so often hailed with joy by the long absent, and too well known in their general aspect to require comment; albeit, these cliffs claim kindred with those on the opposite side of the channel, in the identity of their chalk and flint formations; and, even yet, hold together in a sort of under-hand, or rather under-water way, by the submarine ridge which runs from Folkstone to Boulogne. There are now—much to the relief of some with French invasion-fears—twenty miles of good sea between Dover Cliffs and Calais, and if any change is going on, it is rather to widen than diminish the distance; for it is said that along the English coast, and



DOVER CLIFFS; SHAKESPEARE'S CLIFF IN THE DISTANCE

especially about Folkstone, the wearing away is very perceptible. Of all these noted cliffs, that most noted, as most are aware, is Shakespeare's,



SHAKESPEARE'S CLIFF, DOVER.

“A cliff whose high and bending head
Looks fearfully in the confined deep,”

rising to within a little of 600 feet on the south, or south-west side of the town of Dover, and now rendered still more famous by the magnificent double tunnel which traverses it.

In connexion with the heights and cliffs, we must not omit mention of the habitation which an old one-armed Waterloo-man has hewn out for himself in the chalk cliff to the east of the town; hewn out, not only habitation, but paths, and ledges of garden ground, whereon, with the aid of sea-weed manure, he cultivates vegetables and flowers, and surprises the wandering stranger with the sight of his oasis. A description of this cave-house, given

in *Chambers' Journal* two or three years ago, is so interesting that we quote it entire, hoping that if the Robinson Crusoe is still living it may tempt some of our Dover visitors to find him out :—

“Looking round the interior, our amazement is doubled. There is not only labour but taste ; not only taste, but a certain degree of cultivation. Two spacious rooms, strengthened with arches and pillars, have been hollowed out by this one brave hand. The roof, 'tis true, is very low—so low, that by slightly raising his arm above his head, he can touch it easily ; but he has vaulted it with an eye to both safety and beauty ; left plenty of convenient shelves and benches along the walls, and hewn out three or four arched recesses, which add in no trifling degree to the symmetry of his work. In one of these recesses stands a graceful plaster-cast of a saint-like woman leading a young child by the hand ; another is filled with shelves of ginger-beer bottles, and surmounted by a bust of Shakespeare ; a third, containing his tea-service and other ware, is presided over by Milton. All round, nearly covering the walls and pillars, are pasted unframed prints and wood engravings, cut promiscuously from the heading of ballads, the leaves of story-books, and the pages of *Cassell's Family Paper* and *The Illustrated London News*. Here are the members of the Peace Conference side by side with the Spanish dancers ; a portrait of Miss Nightingale next to the winner of last year's Derby ; maps of the Baltic and Black Sea, plans of the camp, views of Cronstadt and Sebastopol ; battles, modern and [ancient ; generals,

living and dead—General Wyndham, Lord Nelson, and Prince Gortschakof, in the most ample and friendly confusion. First and foremost, however, occupying the most conspicuous occupation over the fire-place, are two which he prizes above all the rest—these are a half-lengthed lithograph of Wellington, and that fine print of the funeral-car which was issued by the proprietors of *The Illustrated London News*. Observing our attention drawn to this, he shakes his head, and looking very serious, says—‘he would have given a great deal just to have seen that sight ; but the picture of it is better than nothing.’

“Round by the fire-place some boarding is laid down for additional comfort in winter ; and a recess cut for the purpose behind the stove, serves as coal-scuttle and coal-cellar. In one of the windows a fine telescope is lying, and a few books, chiefly of religious tendency, are piled together in the other. In the middle of the first apartment—for the second we should have said, is designed for a sleeping-room, and is not yet quite finished—stands a large table, covered with red baize, on which a small collection of chalk-fossils is displayed for sale. He found these while excavating his cave. They are very carefully prepared, and so inexpensive that one is almost ashamed to take them at the price. Very fine specimens of ammonites, belemnites, and other cephalopoda, may be purchased for twopence or threepence each, to say nothing of shark’s teeth, still sharp and polished as when they performed their merciless office ; starfish, needing only colour and life to be perfect ;

cockle and other shells, distinctly preserved, even to their most delicate veinings, and all firmly imbedded and incorporated with the brittle chalk. Besides these, he has the opalescent eriner shell of the Channel Islands, some curious flints, and specimens of dried sea-weeds; amongst which, by the way, we hasten to secure a fine piece of *Corallina Officinalis*, which has taken root upon a fragment of variegated pebble."

In a depression in the cliffs, facing the open bay, lies



DOVER BAY.

the town, almost encircling its excellent and accessible harbour, from which the steam packets to Calais and Ostend are frequently running. This constant departure of steamers, as well as that of the numerous small vessels and fishing-boats, gives Dover a bustling appearance, and, formerly, these features of a seaport were almost its sole characteristics, but of late years the influx of visitors has caused the town to be much improved and enlarged. The improvements extend, not only to

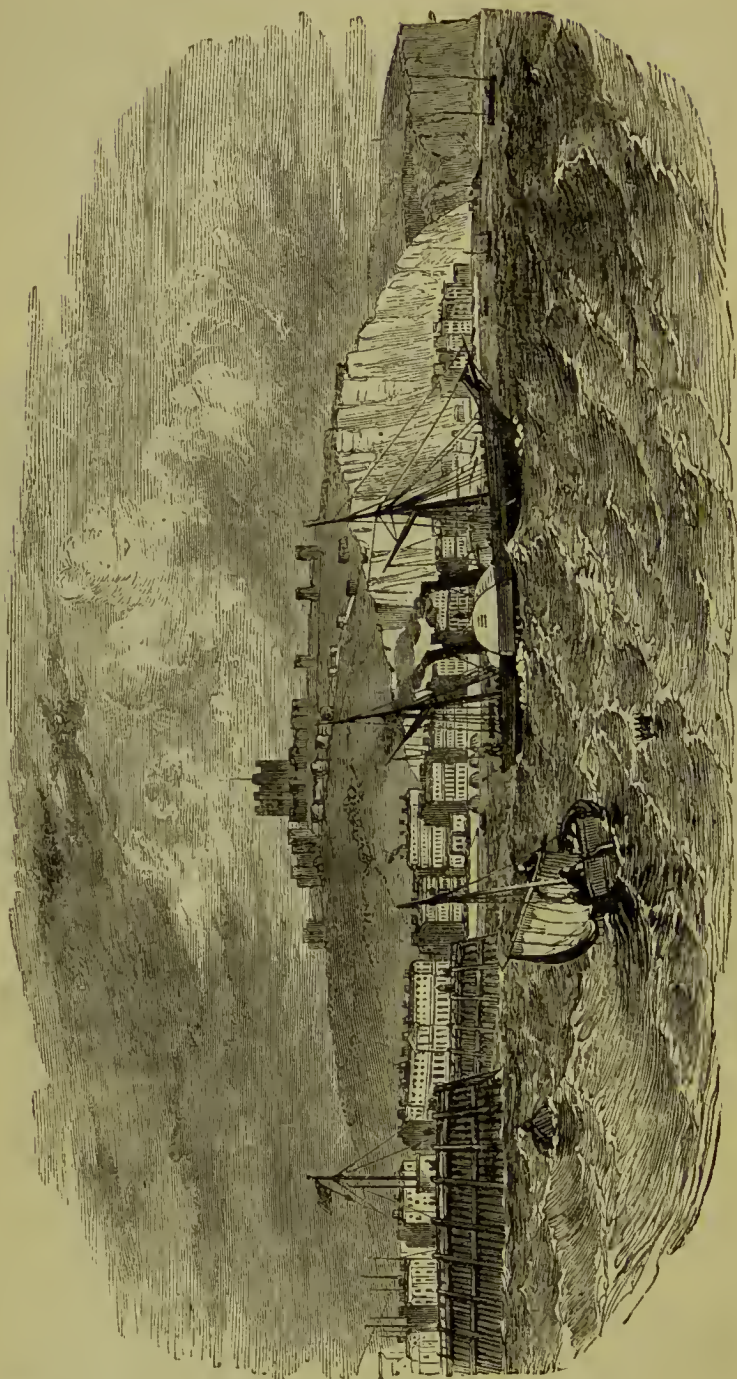
the shore, in the form of the Marine Parade, Waterloo Crescent, Esplanade, &c., but also inwards, up the valley, leaving the old principal thoroughfare, Snargate-street, which follows the course of the ground, in the centre.

Dover has risen greatly into favour of late years, not only as a summer sea-side resort, but also as a winter



STEAMER ENTERING DOVER HARBOUR.

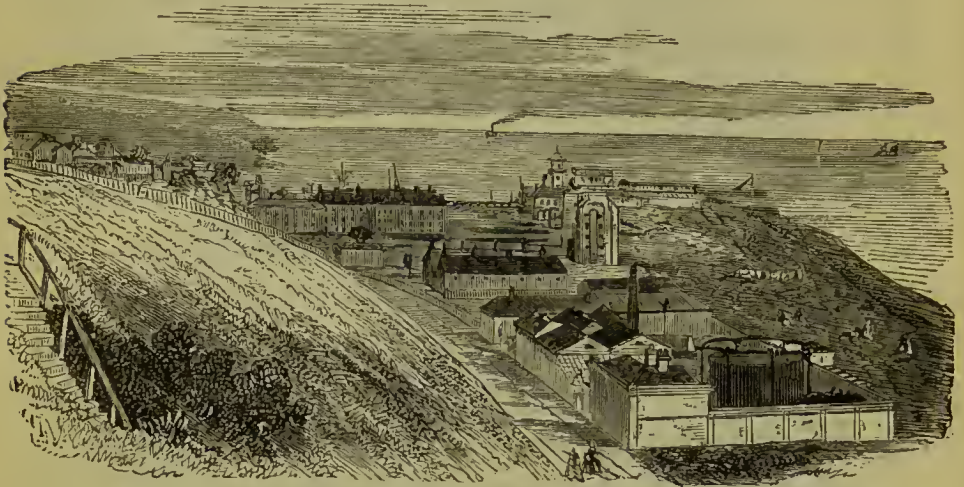
residence. In the latter particular, however, it cannot compete with such places as Hastings, Torquay, and the Isle of Wight. It has, it is true, sheltered portions under its tall and imposing cliffs; but these are comparatively limited in extent, and the general character of Dover is exposure to high winds. The climate is



DOVER HARBOUR.

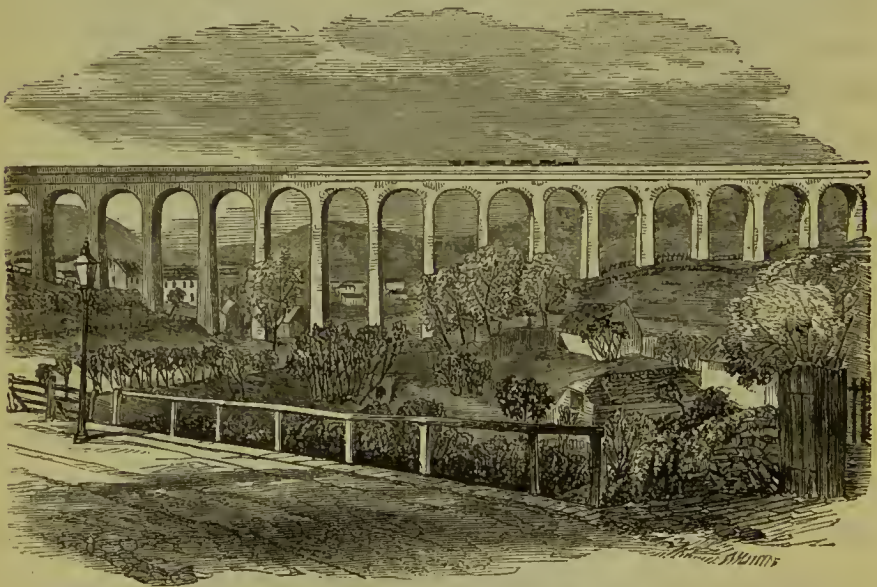
undoubtedly, a favourable winter one when compared with that of Britain generally, but it is more suited to persons who, from some defect of general health, or minor local ailment, require a modified, rather than a completely guarded atmosphere. As to the sea exposure, it is great; and the storm of 1856, when part of the railway was destroyed, will not soon be forgotten. Dover will be better protected when the harbour of refuge, now in course of construction, is complete, or, at least, more advanced; but in this case, judging from progress hitherto, the advantage will accrue to posterity, not to us. As regards local attractions connected with Dover, independent of the sea itself, the views from the Cliffs, both seaward and landward, are unquestionably the first. These for the lover of nature—for the antiquarian, the Castle; who will find within its walls, buildings of all dates, from the earliest times of British history, until now; all the modern improvements having been carried out in the fortifications, not only of the castle itself, but of the surrounding heights. The extension and improvement which Dover has undergone, guarantees ample accommodation for visitors, and for those who can afford hotel living, the well reputed "Lord Warden" offers all that can be desired, running parallel, in this respect, with the not less well known Pavilion Hotel of Folkstone. A few years ago, Folkstone was a dirty, little, irregularly built sea-side town, if a town it might be called, its harbour choked with mud and shingles, and all but inaccessible. Now, it is sufficient indication of the improvement to mention it as the well known and con-

venient port for the Boulogne packets, and as a well known sea-side locality, which, like all other localities of



FOLKSTONE.

the kind, has some time since entered upon its career of Terrace and Parade ; it has, too, nearly trebled its popu-



FOLKSTONE VIADUCT.

lation within the last thirty years. The remarks upon the Dover climate, apply pretty nearly to Folkstone ;

and as the latter has its cliffs, it has also its little bits of shelter. The views from these cliffs—from what cliffs is it not?—is fine, extending across the straits to France; and, southward, over the Romney Marshes. The railway viaduct in the neighbourhood of Folkstone, a light structure, 100 feet in height at the loftiest part, is well worth a visit. It would ill-become a medical man to take leave of Folkstone, without adverting to its being the birth-place of the great Harvey, the discoverer of the circulation of the blood; his mother's burial place in the



FOLKSTONE PARISH CHURCH.

parish church, is indicated by a brass-plate. Southward from Folkstone we have

SANDGATE AND HYTHE,

the former, a rising sea-side resort, which dates its origin “sixty years since,” from the erection of houses required

for the families of officers connected with the encampment, which then, as now, existed at Shorncliffe; the latter, now so well known as the rifle-training station, and another of the Cinque Ports, has lately received the addition of a commodious bathing establishment, but, unlike its neighbours, has rather lost than gained by the progress of time, and improvement. We must now, for a season, leave the sea; change is good for us; we have had a long run amid these summer, and half-summer and half-winter resorts of the coast of "Old Kent," and must, before getting among the winter places *par excellence*, turn our attention to another Kentish watering-place of very old repute,

TUNBRIDGE-WELLS.

It matters not whether we start from London Bridge or Dover, we are on the right line of rail for it; if the former, we probably take the most direct North Eastern line by Croydon and Reigate; but we can also reach our destination by the longer route, *viâ* Gravesend, Rochester, and Maidstone. With a reputation already extending back for three centuries, and greatly in fashion with the court of the "Merry Monarch," Charles the Second, Tunbridge Wells still holds its ground as one of the most favoured and favourite of British Health Resorts. It does not, perhaps, possess the amount of shelter boasted of by other localities; it has not, perhaps, the characteristic health effects, and ever varying interests of a sea-side residence, but it has, nevertheless, advantages

which are peculiar to itself in an eminent degree; not the least of these being the dry character of its air, the gentle tonic restorative powers of its carbonated chalybeate waters, and the cheerful character of its undulating country, varied with wood, common, and corn-field, which, intermingling with the—to many strangers,—novel features of the hop grounds, have earned for this district the title of the “Garden of Kent.”

“The more modern and extensive part of the town of Tunbridge Wells is built upon two elevated ridges, the



TUNBRIDGE WELLS AND SURROUNDING COUNTRY.

district itself presenting a resemblance to an irregular shallow basin, with its sides unequally converging towards the centre of the Wells*.” The north western limb of Tunbridge Wells, or “West End,” having an elevation of 420 feet, overlooks the remainder of the town. The prevailing aspect of the dwellings inter-

* Powell’s Tunbridge Wells.



THE ROCKS, TUNBRIDGE WELLS.



persed over the slopes, is from south-east to north-west, and the town itself is partially sheltered from north-east winds by the North Downs and other hilly ridges.

The whole district, however, known as Tunbridge Wells, is extremely scattered, thus affording great diversity of situation ; one portion of it extends into Sussex.

The dry character of the Tunbridge district has been noticed as one of its most characteristic advantages ; and no slight one it is in many cases of impaired health. This dryness is due, first, to the comparatively small amount of rain which falls in the district, and second, to the absorbent nature of the soil. The small annual weight of rain is best indicated by comparison

with other places. According to observations, the annual quantity of rain in inches which falls at Tunbridge, is 22·70; about London, it is 24·80; at Cheltenham, 27·87; and at Kendal, in the Lake district, it is 55·89. With regard to the soil, Dr. Powell* remarks:—"From its dry nature, and highly absorbent qualities, any rain falling, quickly disappears, especially in the more elevated situations, leaving the surface almost immediately dry. This is further secured by the shelving form of many of the walks in the neighbourhood. A subsoil of this character preserves the atmosphere in a dry state;" as a consequence of this, we find Tunbridge Wells noted for its freedom from fogs. A tolerably uniform and steady temperature is likewise one of the characteristics of Tunbridge Wells, for though its elevated site exposes it in some degree to the winds from all quarters, the force of these is considerably broken by the still higher elevations in the neighbourhood. The average summer temperature of the district is comparatively cool, being 3° less than London, and 5° less than Cheltenham.

The great attraction, however, of Tunbridge is, and has been, its well-known chalybeate spring; that is, its mineral-water impregnated with iron. In the case of Tunbridge Wells, the amount of iron is comparatively small, barely two-and-a-half grains to the gallon, but from its solution in, or combination with, the carbonic acid gas, also contained in the water, and from the purity of the water in other respects, it seems to exert a most

* Guide to Tunbridge Wells.

gentle, but, at the same time, efficient tonic influence upon the system. The physical properties of the water are thus described :—"The water is perfectly limpid and colourless ; its odour is perceptibly chalybeate, tasting palatable, fresh, and strongly marked with the peculiar goût of iron." After standing a few hours, the water deposits a yellow precipitate on the bottom and sides of the vessel, and loses its tonic properties. In addition to the iron and carbonic acid, the Tunbridge Wells water contains small proportions of saline ingredients, but these are not in sufficient quantity to remove it from the class of pure carbonated chalybeates. The most efficient contents of the waters are the carbonic acid and the iron, the first exerting its beneficial effects—almost at the same time stimulant and sedative—upon the stomach, the other passing easily, and, if properly taken, with little disturbance, into the debilitated system, supplying it with one of the most important elements of healthy, vigour-sustaining blood. Dr. Powell describes the reaction which follows the use of the water as "accompanied with an agreeable sense of warmth and buoyancy diffused over the system ; the circulation is accelerated, the nervous system strengthened, and a feeling of energetic activity rapidly imparted to the whole frame ; the appetite is improved ; the kidneys are stimulated to activity ; and, if brisk exercise be taken, the cutaneous exhalation considerably augmented." It is right, however, to warn, that "not unfrequently, soon after commencing the waters, some disagreeable sensations arise, —giddiness, headache, drowsiness, flushed face, and a

sense of tension about the head, with bleeding from the nose, distension, flatulence or pain at the stomach. These unpleasant feelings soon subside, if the ease be properly adapted for the use of the waters, and all other necessary rules duly observed." These necessary rules are a most important matter, and none should venture upon a course of any mineral water, without first making themselves acquainted with the rules generally prescribed by the medical men in the neighbourhood, to those who drink, or are about to drink the waters. Dr. Powell, from whose book we have already quoted, and who writes as a local authority, remarks that it is well for invalids who have travelled any distance not to commence the use of the waters at once, but to wait until the fevering effects of the journey have subsided; and further, that "it is indispensable in every instance, previous to the use of the waters, that the stomach and bowels be in a proper condition; as, on this will depend, in a great measure, whether the chalybeate will prove beneficial or injurious." In most instances, a small dose of blue pill at night, followed by a dose of castor-oil or a seidlitz powder in the morning will put a slight derangement right. "The most appropriate time for drinking the waters is, undoubtedly, in the morning—from seven to eight o'clock;" if much debility exists, it is recommended that a glassful of tepid new milk be taken about half-an-hour previous to the water, but those who are sufficiently strong should drink the latter fasting. "As to the quantity to be taken; this must depend on the age, sex, constitution, nature of the com-

plaint, and the effects produced; the invalid must be guided also by his feelings, drinking such a quantity only as will not oppress the stomach, or impede the requisite absorption of the water. As a general rule, it may be stated, that a 'smaller glassful'—about four ounces—is to be taken at first, after which, *gentle* exercise for a quarter of an hour." At the expiration of fifteen minutes, another glassful of the water may be taken; and gentle exercise again resorted to for from half an hour to one hour, according to the strength of the individual. "The above quantity of the chalybeate is to be gradually increased after two or three days, until it amounts to six or eight ounces, which in most cases will be sufficient, especially if a second course be taken at noon—a practice much to be recommended, as the effects of the chalybeate are rendered more permanent, and better borne by the stomach, than if the requisite quantity were taken on one occasion. The water should be sipped, and taken at several draughts, as its proper digestion will depend on this circumstance being attended to." The above observations of Dr. Powell are valuable, as being applicable not only to the Tunbridge Wells water, but to many other mineral waters. During the use of the water, should unpleasant sensations in the head, or feverish symptoms, generally, arise, it will be expedient to intermit it for a few days, and perhaps to take some gentle aperient; but this will, probably, be regulated by proper medical advice.

It may be remarked that the quantity of water yielded by the Tunbridge Wells spring varies with the season,

being apparently increased after the winter rains, and the amount of iron impregnation is diminished as the quantity of the water increases.

“As to the time of year most suitable for the use of the chalybeate, from May to November is the period usually chosen, as well from the greater perfection of the spring in the interval, as from the season admitting of early rising, full advantage of the air, and sufficient exercise.” In the month of May, many invalids are returning northward, from the south-coast, and Tunbridge Wells offers a sort of stepping-stone as it were by the way, where a few weeks residence may make the transition less abrupt, and where advantage may be taken—if by medical sanction—of the tonic powers of the chalybeate water. As might be expected, the disorders and deficiencies of the system which derive most benefit from a chalybeate spring like that of Tunbridge Wells, are those connected with debility, especially in persons of the lymphatic constitution, with fair hair and skin, light eyes, &c. In some cases of indigestion from weakness, it is of material service, and also where poverty of blood is indicated by general paleness of the surfaces, and of the lips, and by weakness generally. On these accounts it is, perhaps, most generally useful in defects of the female constitution.

Those who are liable to complaints connected with fulness of blood about the head, ought to avoid Tunbridge; and persons of full habit, and of florid complexion generally, if they do not avoid the place, ought, at all events, to eschew all drinking of the mineral water.

As remarked at the commencement of this paper, the dry, bracing, pure air of Tunbridge, must add considerably to the advantages which many weak invalids derive from its strengthening waters. In some cases of consumption, especially, such a combination must be particularly useful. It may be remarked that the average mortality of the district around Tunbridge is low compared with many other localities, thus affording a voucher for its salubrity generally. To the many advantages of Tunbridge Wells, we may add another—its easy distance from London, actually but thirty-five miles, though on account of the railroad, increased above ten miles more.

One more hint and we have done. Those who value the appearance of their teeth ought always to brush them after drinking water like that of Tunbridge Wells, which contains iron, to prevent the brown tinge which may otherwise be imparted.

HASTINGS AND ST. LEONARDS.

When we left the coast to take our inland route our last noticed place was the cinque port of Hythe; and now, keeping the direct road from Tunbridge, we return to the sea at Hastings, missing a stretch of seaboard, which has no special interest as far as our present object is concerned, unless we should like to inspect the numerous martello towers which were built to repel one Napoleon, and may yet come in usefully for another of the name. Should we not have visited Tunbridge,

we can reach Hastings direct from Folkstone or Dover, by way of Ashford, as a glance at Bradshaw's map will show. From London to Hastings the distance is about 76 miles; or, by time, about three hours from London Bridge.

How often do we hear it said, in the latter months of the year, that such an one "has gone or been sent to Hastings for the winter;" and, when we hear it, how certainly do we conclude that it is for some manifestations of delicacy of chest; or perhaps it may be on account of consumptive symptoms actually developed that this winter residence has been selected. But why Hastings in preference to any other locality on the south coast of England, on which so many well-known health-resorts are situated? One look at the place, could it be had, would suffice to answer the question; one glance at the tall cliffs which guard the little valley in which the town lies from the dreaded east and north winds, must tell why Hastings is so often chosen as the refuge for those to whom these winds in winter and spring bring disease and death.

As just remarked, the town of Hastings is situated at the base of cliffs, from 300 to 600 feet in height, which almost surround it, leaving it open only to the south, with its generally soft breezes, and to the full influence of the sun, which gives warm days even in winter. Added to these advantages of ground and exposure, we have the close proximity to the sea, another source of increased warmth during the cold months. From the end of October until the beginning of April, the climate of

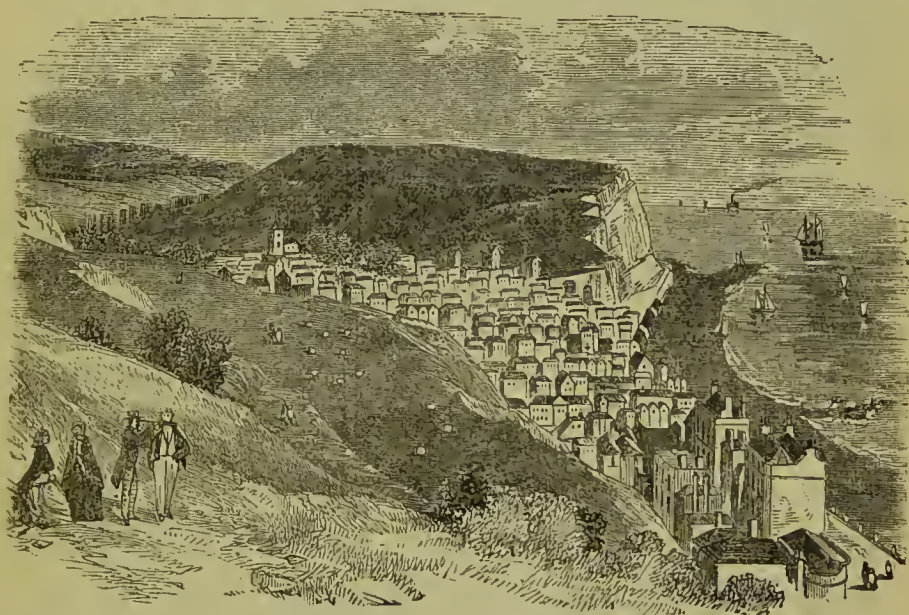
Hastings is considered to offer its greatest advantages as compared with other parts of the kingdom; but the months of December and January are those in which it is thought to excel most, if not all other places—such as Brighton—on the south coast, as a residence for invalids, those particularly with tendency to consumption. Sir James Clark, always regarded as the authority on



HASTINGS.

climate, says of Hastings—"As might be expected from its low and sheltered situation, it affords a favourable residence generally to invalids labouring under diseases of the chest; hence delicate persons, who require to avoid exposure to the north-east winds, may pass the cold season here with advantage. But in recommending Hastings as a residence in such cases, it will be necessary to take into consideration the full influence of the sea-air; for, owing to the close manner in which this place is hemmed in on the sea by steep and high cliffs,

it has an atmosphere more completely marine than almost any other part of this coast, with the exception of St. Leonards. Judging from my own experience, I should say that the climate of Hastings is unfavourable in nervous complaints, more especially in nervous headaches, connected with, or entirely dependent upon, an irritable condition of the digestive organs, and also in



HASTINGS FROM THE CASTLE HILL.

cases where a disposition to apoplexy or epilepsy has been manifested. But it will be understood from what has been already stated respecting the topographical relations of Hastings, that this effect of its climate is chiefly experienced in the lower and more confined parts—nor is such an effect peculiar to this place—it is common, I believe, to all places similarly situated. The class of persons alluded to, if induced to reside for any length of time at Hastings, should avoid the more confined situations below the cliff, and rather seek such quarters as are

more open and elevated, yet in some degree protected from north and north-east winds."

"These remarks on the climate of Hastings apply to it as a winter residence; as a summer residence, the more open and exposed situations should be sought, and for many persons the high grounds behind Hastings would be preferable to the lower situations close to the shore."*

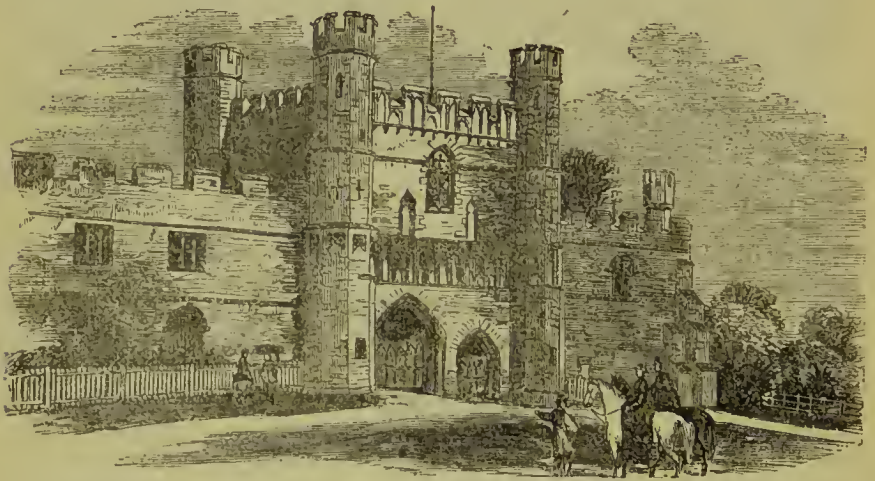
With all its advantages, however, Hastings has unfortunately the drawback of being deficient of walks for the invalid. The entire town is, of course, not equally sheltered; some situations are more exposed than others to blasts from the east and north-east, and these, consequently, must be shunned by the delicate, whose range for exercise is thus circumscribed in one way, while, in another, the ascent which must necessarily be made in almost every direction leading away from the town, is a barrier which the weak of chest and short-breathed cannot attempt with impunity. For those who can brave a little exposure, and endure a little fatigue, Hastings has, in its vicinity, a good share of objects both of interest and of beauty; of these the Castle is at once the nearest, and perhaps the best known. Situated on the "Western Hill," its elevation above the sea is at least 400 feet. The ruins themselves, the old chapel and its fine remaining arch, the sea prospect, and the fine range of buildings extending westward to St. Leonards, altogether form a combination of ancient and modern structure, of art and nature, which will quite repay the

* Clark on Climate.

visitor for the climb-up the elevation. Under the west hill are some curious caves, which are generally considered worth a visit, especially when the attraction of lighting up is added. A couple of miles to the north, and standing two hundred feet higher than the Castle, the elevation of Fairlight offers a view which few places can rival. The wide expanse of sea, ever beautiful, is in front; around lie the hills and dales of one of the most fertile districts of southern England, dotted with towers and spires. Westward the eye travels across Pevensey Bay to Eastbourne, backed by the lofty promontory of Beachy Head, and in another direction lie the cliffs of France, best seen when touched by the rays of a setting sun. We must not forget, however, the pretty little glen which has its name from Fairlight, and which is well worth attention. Among the other attractions, the waterfall, "Old Roar," about two miles from Hastings, should come in for a visit; its situation in a wood adds to the natural beauty of the object, and it seems quite in place: but why a church should be situated in a wood, and a quarter of a mile from any house, is a puzzle to most. Such a unique object occurs, nevertheless, near Hastings, and Hollington "Church in the Wood" is a favourite resort. Of course, to such an unusual local object, there must be some curious local tradition attached.

"It is said by authentic tradition of the peasantry, that this very peculiar structure was built by angels! A church was designed on a neighbouring height, and the building begun; but every night beheld the day's

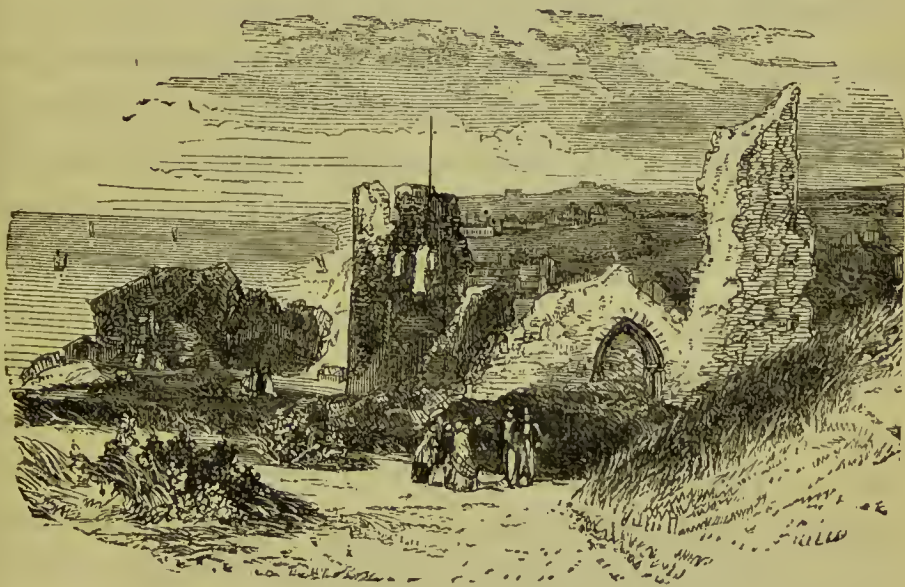
work removed, and in the morning the workmen had always to re-commence their labours. 'This they must have done with most unwearied perseverance, since the materials they used thus vainly, served to build Hollington Church. 'For it was the fiend,' says the legend, 'who took away nightly the stones used in the daytime, and hid them in Hollington Wood. There they remained for a while unseen by man; but one bright Sunday morning there came from that thiek coppice of huge trees, through which there neither was, nor is, a



BATTLE ABBEY.

road, the sound of the church-going bell, and in wonder and awe men obeyed the call, urged by curiosity to trace the voice; and there in the centre of those old trees, amongst which only a tiny footpath winds, they found a church—the Church of Hollington—which angel hands had doubtless built, since till that moment human eye had not seen it.' So runs the tale. We cannot say the architecture tends to confirm it, though the strange unequalled narrow access undoubtedly does."

Another curiosity to be seen at Hastings, is its submarine forest, of which, at rare intervals, some ancient tree trunk is bared by very low tides, but which is also visible from the surface of the water; we shall find a still more striking example on the coast of South Wales. Now, to see the remains of a submarine forest, or a submarine anything else from the surface, involves a boat, and at Hastings, boating is somewhat of a difficulty, owing to the inconvenience which attends landing or



HASTINGS CASTLE—INTERIOR.

embarking, except at high tide, for harbour there is none; both pier and harbour there were in days of old, but they were destroyed by a storm and have never been restored.

For those to whom health and opportunity permit a wider range, the small town of Battle, seven miles from Hastings, has many attractions. Here the famous battle of Hastings was fought, and here, shortly after, the

Conqueror erected, in commemoration, the abbey, the magnificent ruins of which still testify to the original grandeur of the structure. The high altar of the church, it is said, was erected upon the precise spot where was found the body of Harold, the brave but unfortunate Saxon king. Here, too, was kept the famous roll of names to which it is the pride of families to point as evidence of their long and high descent, of their having "come in with the Conqueror."

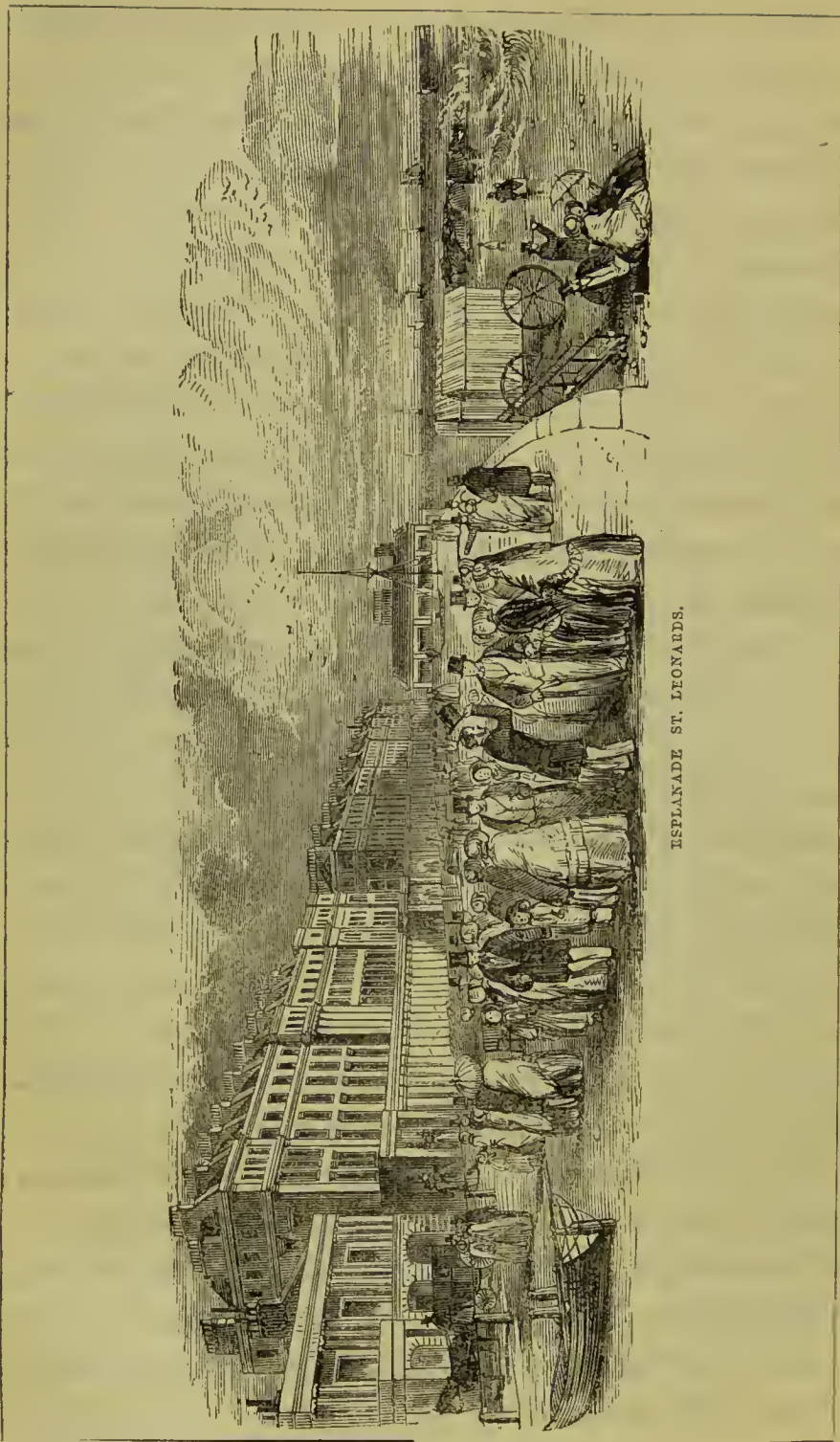
Hastings itself, like many other places, consists of an old and a new town, the new extending westward, in ranges of tasteful modern houses, and presenting, faceward to the sea, its parades, which merge in those of St. Leonards. It was the old town of Hastings, however, which first made the reputation of the place.

"According to the local divisions of the town, as respects climate, by Dr. Mackness,—High Street, George Street, and Cavendish Place are the most sheltered. The Croft, Pelham Place, Breed's Place, Wellington Square, York Buildings, Beach Cottages, are also sheltered, and suited to patients suffering from indigestion, chronic rheumatism, or neuralgia, either as a summer or winter abode. Castle Hill, White Rock, Verulam Buildings, are bracing, and, with other elevated localities, are best adapted for a summer residence, and for those who take active exercise. The Parade, Pelham Crescent, and the other houses fronting the sea, though less sheltered from winds, have, however, the advantage over High and George Streets, in being more exposed to the sun for a great part of the day."*

* Lee's Watering Places.

The perfectly recent town of St. Leonards, so favoured in beauty of situation, in shelter,—though in this respect not equal to Hastings,—in the regularity and handsome character of its buildings, extends westward from Hastings, lying in what is called the “Vale of St. Leonards.” Nature has done much for this town, but so has art, and well laid-out walks and drives add much to the enjoyment of visitors. Indeed there can be no question that in regard to the artificial conveniences of life, St. Leonards has considerable advantages over its more ancient rival—if rivals the towns can be considered, seeing they differ considerably in their adaptations to different forms of impaired health. Mr. Lee, whose useful work on the “Watering Places of England,” we have already quoted from, says—“The hills behind it not being so high as at Hastings, St. Leonards is not so warm as a winter residence. It is likewise less sheltered from the east, and is fully exposed to the south and south-west, so that, for very delicate invalids, susceptible of atmospheric variations, it would not be so eligible; to others, however, it would be better suited, especially where a more bracing effect is required. In point of exposition and climate, St. Leonards is intermediate between Brighton and Hastings.”

The sea-bathing at both St. Leonards and Hastings is excellent, with a sandy beach, and those who visit it, will find ample means and accommodation for its use. At both places chalybeate springs arise, and may, under medical sanction, be used as aids in restoring the health of the debilitated invalid.

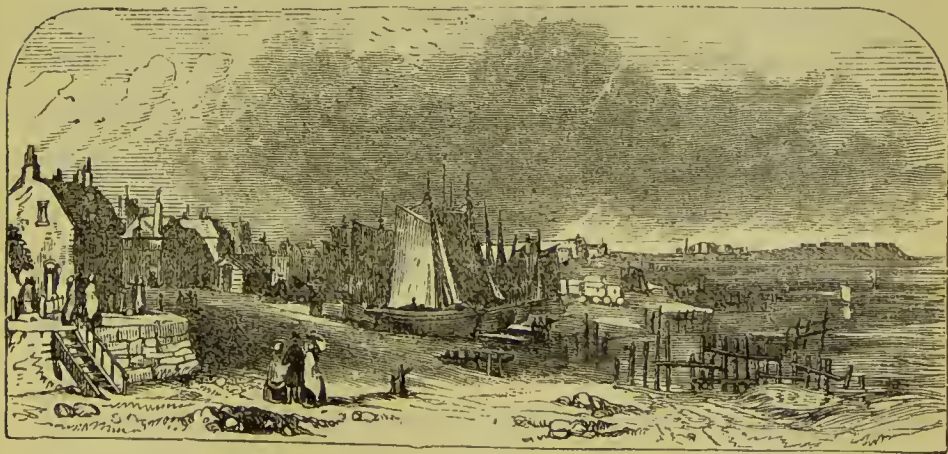


It is scarcely requisite to add, that places like Hastings and St. Leonards offer to the visitor all that convenience or luxury can demand in the way of hotel accommodation and sources of amusement ; neither are the needs of religion unattended to. All Saints' and St. Clement's are the ancient churches, and there are now recently erected chapels of the same names, as well as the chapel of St. Mary's in the Castle, which is capable of holding 1,400 persons. In addition to the above, the principal dissenting bodies have also their respective places of worship.

The drainage of both Hastings and St. Leonards was at one time complained of, but is now much improved.

EASTBOURNE.

From Hastings to Brighton, by the South Coast Rail, is about thirty-four miles, and the line a very direct



EASTBOURNE.

one ; but we make a slight diversion by stopping at Polegate station, and run down four miles of branch to

Eastbourne, a pleasant, rising, but comparatively small and quiet sea-bathing place, which lies to the east of the great promontory of Beachy Head, and in the west corner of Pevensey Bay. Good bathing, which involves good sands, sufficient accommodation, and many of the "*agréments*" of a small watering-place, to which we may add a chalybeate spring, are the recommendations of Eastbourne. For some persons it would possess additional interest as the scene of the somewhat extensive allotment system operations promoted by Ann Davies Gilbert.

BRIGHTON.

If we have not been touring it on the South Coast, but have started direct from town, fifty miles of easy, rapid travelling by rail—and how easy and rapid is travelling now-a-days to those who remember the inconveniences and tedium of the old coaches—fifty miles by measure, one to two hours by time, will bring us to that queen of the sea-coast towns, Brighton, which, like so many others, has been converted into a marine suburb of London by the iron rail.

Little more than a century ago, Brighton, or Bright-helmstone as it was called, was but a fishing village, with 800 inhabitants, it is now the principal and most fashionable watering-place of Great Britain, with streets, squares, shops almost on a par with those of London; its inhabitants are 70,000, and its annual visitors 20,000. It occupies a shore line three miles long, its sea-wall

and esplanades being two miles by themselves. Of course, as all know, Brighton owes its rise and progress mainly, if not entirely, to George the Fourth, who built the fantastical and most expensive Pavilion Palace, and



THE PAVILION.

made it a favourite residence. Now, it is a favourite resort of fashionable London and, indeed, of numbers who, having nothing to do with fashion, and yet having a holiday, long or short, rejoice in “a run down to Brighton,” and in breathing for a few days or hours the bracing air of its elevated Downs.

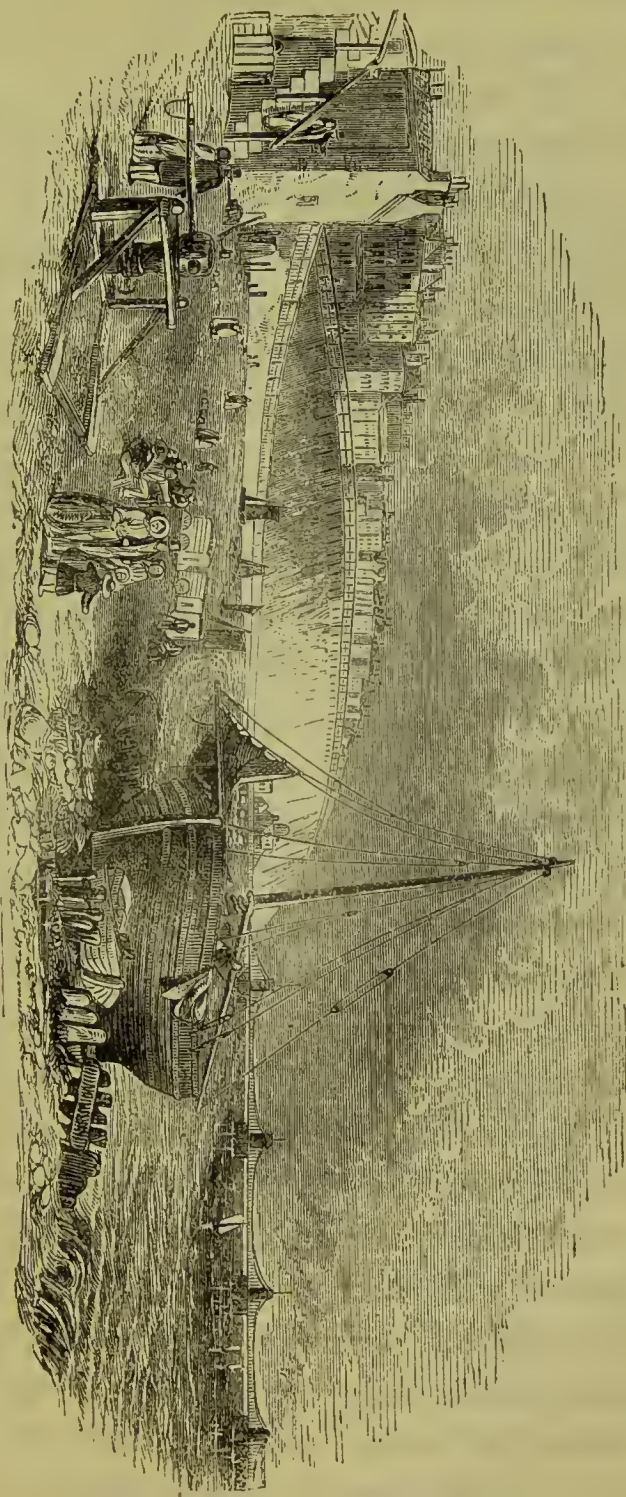
Protected from the north and east by the South Downs, Brighton lies, for the most part, on their southern slope; but it thus receives the full force of the south, south-east, and south-west winds, and that is one reason why, in the spring and early summer months, it is neither so salubrious nor so pleasant a residence as in the later months, when Brighton is truly in season.

The sense of freedom and elastic buoyant health which so many describe themselves as experiencing when exercising over these Downs, is the best evidence of their health-promoting power. But the Downs, of course, do not constitute Brighton; and we must not, in regarding

the advantages of its environs, overlook the health influences of the town itself. As a whole, it may be said of Brighton that few places can rival it in general salubrity, though there are persons, even in comparative health, who find a residence in it produce disagreeable effects; and there are invalids who are injured, and diseases which are aggravated rather than relieved by its climate, or, as we might say, by any of its climates; for the fact is most important, and one ignorance of which is continually productive of evil, that within the limits of the town, three distinct kinds of climate exist, 'each of which is beneficial or injurious, according to the nature of the malady subjected to its influence; and these three climates present characteristics as distinct as any three watering places in the kingdom.'* This extreme variation of climate is, undoubtedly, owing to the extended coast-line—more than three miles—of the town, and to variations in the nature of the elevation of the soil, and differences of shelter. To whatever cause, however, it be due, it is of too great moment to be overlooked by visitors, whether seeking pleasure or health. Unfortunately, people generally, and even medical men, are apt to regard the simple being within the influence of the sea-air as sufficient, and to forget how much that influence may be modified by local circumstances. By those who have written on the subject, the climate of Brighton, as already remarked, is divided into three different sections. That which lies to the eastward is

* Wigan's "Brighton and its Climates," published by Folthorp, Brighton.

BEACH AT BRIGHTON.



dry, elastic, and bracing ; and these, according to Sir James Clark, are the characters of the true Brighton climate. To the westward, the climate is milder but damper than it is on the east side ; towards the centre of the town, occupied by the Steyne, a somewhat intermediate position, and one more sheltered than either the eastern or western, is met with. Of course, persons who seek to have the full benefit of their change to the pure air of the country and sea-coast, would not, unless for some special reason, locate themselves in the middle, or more particularly town portion of Brighton—although those who make a visit solely for pleasure, will there more easily meet with the conveniences and artificial excitements of life. The decision of the invalid must, in most cases, lie between the eastern and western districts ; and this, perhaps, is best left to be fixed by a medical man acquainted with the peculiarities of the climate. As a general rule, Sir James Clark says, ‘ delicate, nervous invalids generally feel better in the western part. Those, on the other hand, who suffer from a relaxed state of the system, enjoy their health more fully in the eastern district.’ The characteristic geological feature of the eastern portion is a chalky, and therefore dry soil, with considerable elevation above the sea, whilst to the west the land is lower, and chiefly clay.

“ Compared with other parts of the South Coast, the climate of Brighton appears to the greatest advantage in the autumn and the early part of winter, when it is somewhat milder and more steady than that of Hastings. Accordingly, in all cases in which a dry and mild air

proves beneficial, Brighton, during this period of the year, deserves a preference over every other part of this coast. In the spring, on the other hand, owing to its exposure to the north-easterly winds, the climate is cold, harsh, and irritating to delicate constitutions. At this season, therefore, sensitive invalids generally, and more especially persons with delicate chests, should avoid Brighton.”* As a general rule, persons who are liable to local congestions or accumulations of blood, will scarcely find Brighton a suitable residence.

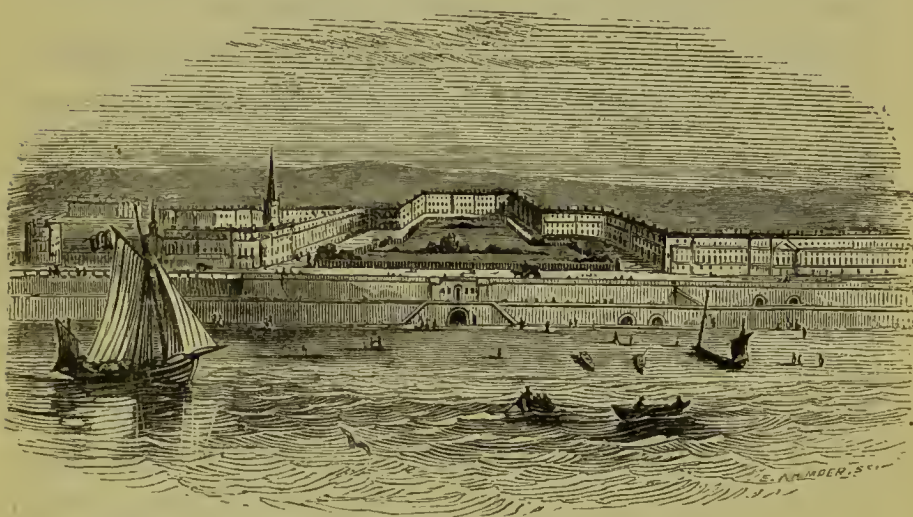
Although as an invalid residence, the advantages of Brighton are chiefly prized during the autumnal and early winter months, there can be no question that the summer beauties of the place itself and of its surrounding country, when walks and drives are in their perfection, render it a most attractive sea-side home.

No place is without its drawbacks and annoyances, and one of the principal to which Brighton is subject is its high winds. These coming from the seaward are laden with fine particles of sand, which they deposit inland, only to bring them back again the next time the blasts come from the opposite point of the compass. We may well imagine that these fine particles drawn into delicate lungs must exert a most injurious effect, and that it will be wiser for the delicate-chested to remain in-doors when the wind is very high. The elevated position of the Downs frees them in some degree from this objection, and renders the resort to their green sward an additional attraction.

A scarcely suspected source of danger to visitors,

* Sir James Clark on “Climate.”

and to the delicate, and children particularly, is the favourite "Chain Pier." Dr. Wigan says of it :—"It is so frequent a cause of indisposition in the early part of the year, that I have been accustomed to say that it ought to be maintained at the expense of the medical men of the town. The sheltered walk under the cliff, which leads to it, affords a delightful resource when a bitter north-easter makes other places disagreeable. The perfect defence from the wind, with the benefit of a



KEMP TOWN, BRIGHTON.

winter or spring sun reflected from the cliffs, gives quite the feeling of summer; and this degree of shelter and warmth will extend, perhaps, to half the length of the Pier itself. At a certain point the protection of the cliff ceases; you pass from a calm air, (under the cliff) at fifty-five or sixty degrees, to a keen wind at thirty-five or forty, which, from its rapidity, produces the effect of a frost. The bright day has, perhaps, induced some change in the clothing, and, with women and children especially,

the mischief is often done in a few minutes." Such effects most closely resemble those which are experienced in some towns in Spain, which, situated in a hot climate themselves, are yet exposed to cold blasts from lofty snow-clad mountains situated at no great distance. These blasts are the fertile causes of some of the rapidly fatal diseases to which the natives are subject.

Dr. Wigan, from whose work we have already quoted, and who has the authority of having practised for some years in Brighton, testifying to the great aid derived from the climate in the cure of disease, and expressing his belief as to its pre-eminent salubrity, adds: "It is, however, of the very essence of atmospheric influence, that if it benefit one class of diseases, it must, necessarily, aggravate those of an opposite character; and the air of Brighton," as far as his experience extends, is "*never neutral*." Such being the case, it may be well understood how "serious" is the "mischief of an indiscriminating recommendation of the town of Brighton to invalids," and how, often, "a great deal of advice and guidance" may be required rather than medicine. In other words, an invalid resorting to Brighton should be sure that he is well advised; in the first place, in going at all; in the second, that the season of the year is the proper one; and thirdly, when he gets there, that he chooses his site of residence where he is likely to derive most benefit from the climate." As regards season—from June to the middle of October is that of the sea-bathers and summer visitors; from the latter date to March, for those who require to winter in

a mild but not in a thoroughly protected climate, such as that of Hastings, Undercliff, or Torquay. March, April, and May, are the worst months for Brighton, as far as invalids are concerned.

The Brighton Spa is a powerful chalybeate, containing other salts as well as iron in considerable proportion. It certainly should not be had recourse to without medical advice.



CHURCHES AND BEACH, WORTHING.

To sum up our report, however, it may be said, that with the few simple precautions which are equally requisite, perhaps, in every Health Resort of any extent, no place in the kingdom offers more advantages than the gay, well-built, well-watered, well-supplied in every way, town of Brighton.

Having taken our leave of Brighton, and continuing our route along the South Coast westward, we come to, one after another, a series of Health Resorts of—if we may be allowed the term, and if Worthing would not take it amiss—secondary importance—

WORTHING, BOGNOR, CHICHESTER, ETC.

The first of these, Worthing, is noted for its extensive sands, and for its excellent bathing, which is carried on till a comparatively late period of the year. It is a pleasant little watering-place of about six thousand inhabitants, sheltered from the north and north-east winds by the elevated Sussex downs, and having a comparatively mild winter climate, much like that of the western part of Brighton, warm but somewhat relaxing. There is of course the usual complement of houses in terraces facing the sea, esplanade, &c. A few miles further west we have Bognor, about one-third the size of Worthing, and very similar as regards site and character of climate; it is reached by a four mile branch from the Woodgate station on the South Coast line of rail. The cathedral town of Chichester is our next point; scarcely to be classed with the watering-places, it has yet an equable South Coast climate, which renders it a desirable winter residence for invalids. With the same general remarks we may dismiss Southampton; for, though its southern sheltered situation, sloping face to the south, and gravelly quickly-drying soil, render it well suited for some classes of the ailing, these, its health capa-

bilities, seem to be eclipsed by its great and increasing importance as the steam sea-port for the East. The climate is humid and relaxing, and the "Water," has not of course the continued change and freshness of the sea. Southampton, like Brighton, possesses a chalybeate water, but not one of great reputation.

We have had a long tour since we took our way from London for East Kent, and as we are getting on new rails, the South-Western, and have got into a new country, we may as well make our start from the centre afresh.



CHICHESTER, FROM MARKET CROSS.

CHAPTER VII.

ISLE OF WIGHT—BOURNEMOUTH—WEYMOUTH—JERSEY—GUERNSEY
—SARK—ALDERNEY.

Four hours' ordinary, three hours' express travelling, take us from London to Portsmouth, and the steamer quickly covers the five miles of salt water which inter-



RYDE, FROM THE PIER.

vene between the naval port and the opposite town of Ryde, where we first put our foot upon—

THE ISLE OF WIGHT.

The first frosty nights and heavy dews of October have scarcely changed the green of the summer foliage into the bright warm tint of the late autumnal landscape, when many an invalid begins to turn the thoughts, or prepare for the journey, to some one of those favoured spots of Southern England, where the winter months



HYTHE, FROM THE STRAND.

seem to lose their severity ; where frost and snow are comparatively rare and transient visitors, and where the myrtle, the heliotrope, the fuchsia, and other tender plants wintering without protection, give evidence of the mildness of the climate. One of these spots has acquired the promising title of the “ Garden of England,” because

of its general beauty in all seasons ; and well does the Isle of Wight deserve the appellation ; but still more promising to the invalid is the term “ British Madeira,” which has been bestowed upon one portion of this favoured little island.

Goldsmith’s lines—

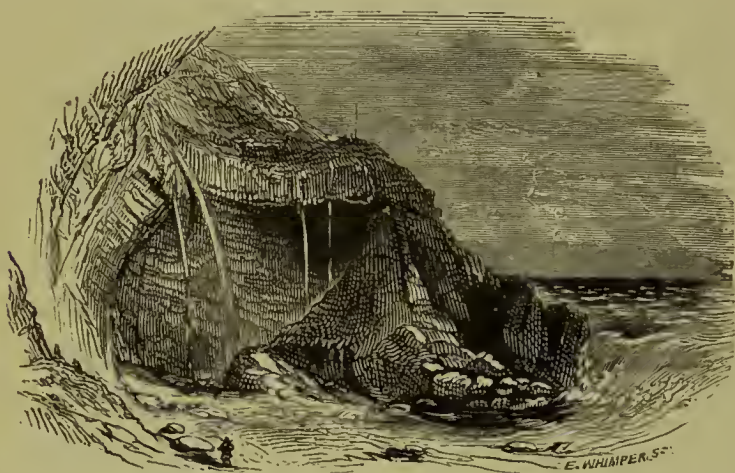
“ Where smiling Spring its earliest visit paid,
And parting Summer lingering blooms delayed.”

sum up most aptly a description of the climate.

The position of the Isle of Wight, or as it is often proudly called, “ The Island,” on the southern coast, and its being sea-girt, are circumstances which in themselves tend to give it a climate milder than that of almost any other place in the kingdom ; but, in addition to these advantages, some of its most favoured sites are still further ameliorated by the circumstances of soil and protecting cliff. Of these, perhaps, none is better or more favourably known than that portion of the island which lies on the south-east coast, between Shanklin on the one side, and the southern point of St. Catherine’s Hill on the other, and comprehends within its limits Bonchurch, Ventnor, St. Lawrence, &c., all well frequented, and every day becoming better frequented resorts for the invalid. This district, if the term can be applied to a narrow strip of land not more than half to three-quarters of a mile wide, and from six to seven miles in length, called the “ Undercliff,” from its being situated at the base of the lofty cliffs which have doubtless yielded the material for its formation, and now yield that protection

which renders the little strip of sea-land soil so valuable as the winter resort of hundreds, who, suffering from delicacy of chest or tendency to consumption, cannot reside in more northern or less sheltered districts.

A glance at the map of England will show any reader who does not quite remember its position and form, that the Isle of Wight is what may be called lozenge-shaped, that two sides of the lozenge face the opposite coasts of Hampshire, that one, the longest side, looks to the south-west, and that the fourth, on which is situated the Undercliff, looks to the south-east. Sir James Clark, our



UNDERCLIFF.

great climate authority, thus describes the Undercliff:—

“This singular district consists of a series of terraces, formed by the upper strata, composed of chalk and green sand, which have slipped down from the cliffs and hills above, and been deposited in irregular masses upon a substratum of blue marl. The whole of the Undercliff, which presents in many places scenery of the greatest beauty, is dry and free from moist or impure

exhalations, and is protected from the north, north-east, north-west, and west winds, by a range of lofty downs, or hills of chalk and sandstone, which rise boldly from the upper termination of these terraces, in elevations varying from four hundred to six and seven hundred feet ; leaving the Undercliff open only in a direct line to the south and south-east, and obliquely to the south and south-west winds.



ENTRANCE TO BONCHURCH.

“But not alone does this district of the Undercliff recommend itself as a snugly-sheltered nook of the world, for it has natural advantages of beautiful scenery, no slight recommendation to invalids, which are scarcely to be surpassed. Beginning at the east end, first have we Bonchurch, presenting a combination of cliffs and knolls, wooded or bare, or ivied over, intermingled with the

luxuriant foliage of the Isle of Wight, and guarding the numerous pretty villas and elegant residences which spread over its terraced elevations."

The luxuriance of the ivy is especially noted as tending much to take away the appearance of winter bareness.

"Bonchurch is country, and Ventnor, which lies close to it, is town in comparison, and the regular lines of



ENTRANCE TO VENTNOR.

houses—private and with accommodation for visitors—hotels, shops, and all the etceteras, give it a more matter-of-fact and less romantic appearance than the other portions of the Undercliff; but yet, Ventnor, with its lofty cliff back-ground, its bold coast, its sea-view, and its proximity to Bonchurch, has much to delight, to amuse,

and to cheer. Nor must we omit to mention, amidst its other attractions, the search after the "Isle of Wight diamonds," which will often while away an idle hour, either with the transient summer visitor, or the more settled invalid. This may seem a small matter to enumerate among the capabilities of any invalid residence, were it not that every little attraction and excitement becomes of value to those whose wearisome hours of ill-health are unrelieved by the stirring incidents of the bustle, the business, and even the anxieties of every-day active life.

"From and including Bonchurch, to the village of St. Lawrence beyond Ventnor, we have the most favoured and best protected portion of the Undercliff district, and the best adapted for the winter residence of the delicate ; as we advance more to the west, the protection is less as a whole, though undoubtedly equal to that of the eastern Undercliff, in many of the sheltered little nooks. Moreover, owing to its elevation above the level of the sea, the Undercliff differs from most situations on our coast, in being less exposed to the direct and immediate influence of the sea-air ; a circumstance which in a medical point of view deserves attention."

But delightful as this district of the Undercliff is, even in December, one must not forget that all our readers are not looking for invalid information, but that some who may contemplate a summer trip may wish to know what they are to expect to see on our island. Few trips will offer more genuine sources of pleasure. Suppose we cross from Portsmouth to Ryde—which lies on

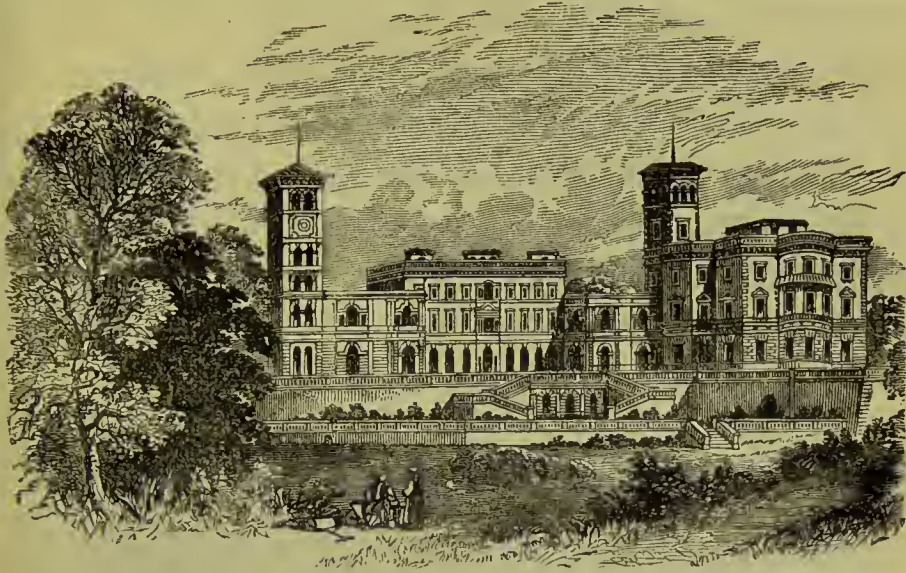
the north-eastern side of the lozenge—we find a fashionable watering-place, with clean, open streets, many of them facing the sea, or rather the “Solent Channel,” as the expanse of water which separates us from the mainland is called, and very busy is the scene which this strip of water, now narrowing and again widening, gives occasion to. Steamers and wherries sweep its surface



WEST COWES.

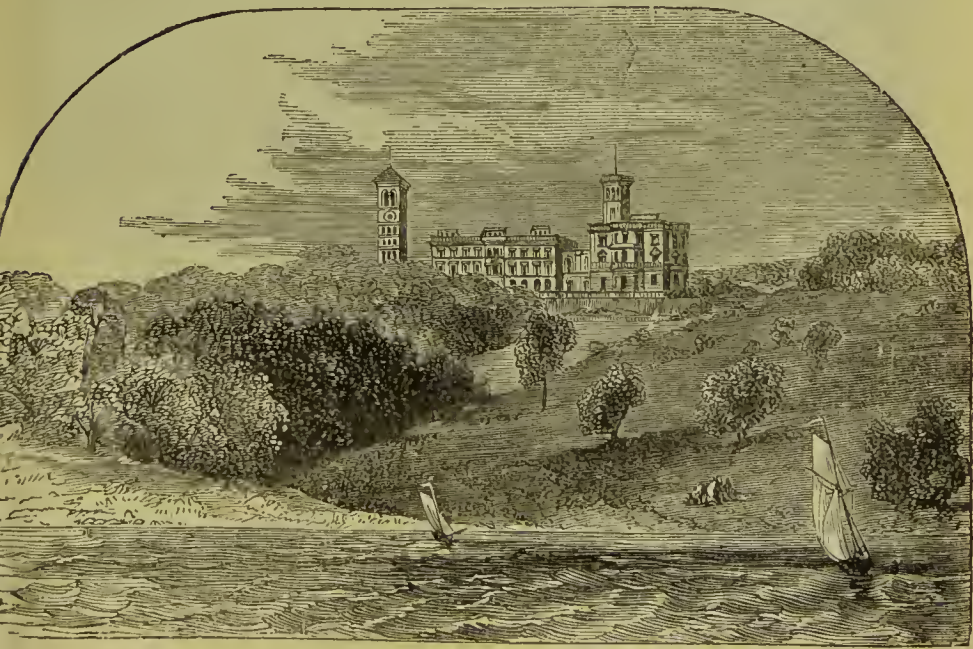
ruffled with their constant movement to and fro ; while westward, towards the Motherbank, the merchant craft, and eastward, beyond Spithead, the war vessels of Britain swing to the changing tide. Overlooking all this, and scattered along the coasts, the mansions of wealth and rank add greatly to the beauty of the scene ; nor is the interest lessened by the sight of the towers of Osborne, which indicate the whereabouts of the palace of the

Queen. But let us go with our tourist, northward to



OSBORNE HOUSE.

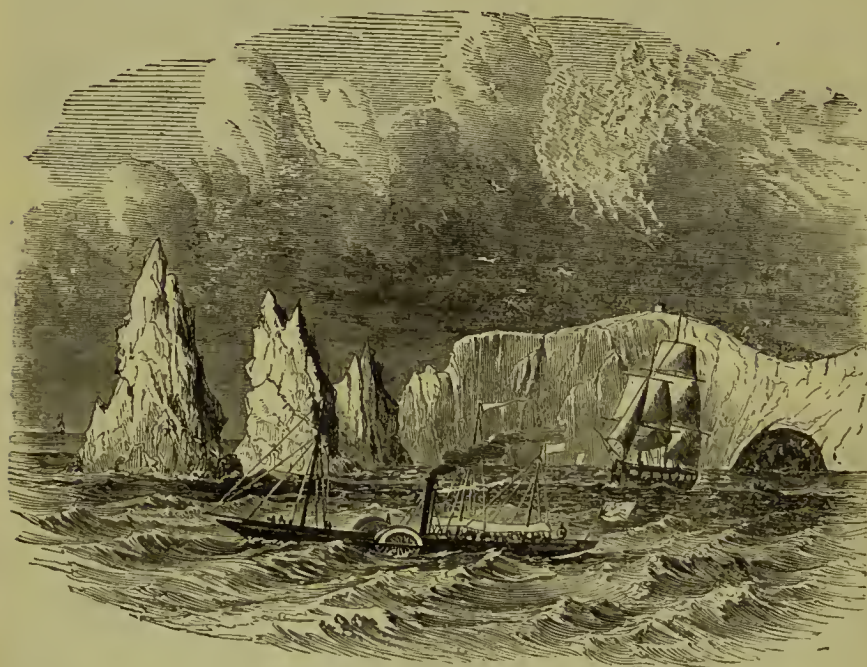
Cowes. Who does not know the rendezvous of the Royal Yacht Squadron?—and here are the stir and bustle



OSBORNE HOUSE, FROM THE SEA.

of a frequented harbour, moreover, excellent bathing and

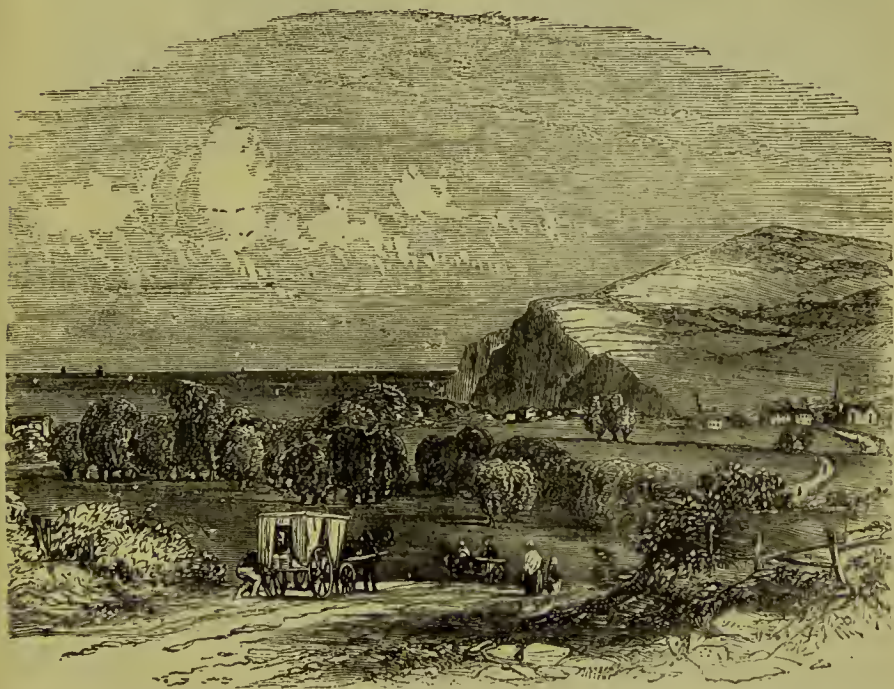
bathing accommodation. Make your visit in August or September, and perhaps the Regatta will add its excitements to the tourist's visit. Should we make up our minds to leave the sea for a time, a boat will take us up the Medina to Newport, and we shall visit as desirable a little town as can be found, cheerful in itself and environed by a pleasing contrast of hill and dale ; open down and wood-girt field. We bend our steps westward



THE NEEDLES.

to the long end of the lozenge-shaped island to Freshwater Bay, with its lofty chalk cliffs, to Scratchells' Bay, and lofty vaulted arch worn in the rock by the never-tiring waves. Here, too, we get our view of the 'Needles,' or Needle rocks, so well known to all, and so dreaded by the sailor who approaches this coast in a storm. A journey of twelve miles along the south-west border of

the lozenge, and we reach the most southern, and, at the same time, the highest land in the island, St. Catherine's Point, which rises within a little of nine hundred feet above the sea, and here looks down upon the district of the Undercliff. But, ere we reach the land of sheltered nooks and luxuriant foliage, we must pass the chasm of the 'Black Gang Chine;'* dark, rocky, and unclothed



SHANKLIN, FROM BRADING HALL.

by tree or shrub, this sterile place may yet possess greater charms for some minds than even the gentler and more cultivated beauties of other scenes. Leaving, however, the Chine behind us, we may well wend our way through the beauties of the Undercliff, or, if we will, traverse the

* Chine is a provincial term applied to the crannies, or, as they would be called in Scotland, little glens, which occur along the Isle of Wight coast.

high downs which border its sheltering cliffs. Passing Niton, St. Lawrence, Ventnor, Bonchurch, we come to



SHANKLIN.

another of these island Chines, that of Shanklin ; but how different from the Black-Gang ! Here, the rivulet, which



THE SHANKLIN HOTEL.

has in the lapse of time excavated the chasm or little glen, is overhung by the most luxuriant wood and vege-

tation, till it ends in its little waterfall, and takes its serpentine course to the sea. Near the Chine, the elevated, but finely sheltered village of Shanklin offers a fine sea-view, a magnificent beach at the foot of a hill, and all that a tourist may require. A little farther eastward, and the white, very white chalk cliffs of Bembridge meet the view, best seen from the sea, as they tower in loftiness sufficient for the eyrie of the eagle, which has erewhile made them its home. A little farther, and we



QUARR ABBEY, NEAR RYDE.

are once more in Ryde, where thronging visitors, steam-boats, and luggage-porters, and all the etceteras of bustling sea-side life, tells us how favourite a resort is "The Island."

It has already been stated, that for the winter residence of the invalid, the district of the Undercliff, to which may be added the sheltered portions of Shanklin, is the most suitable for the delicate-chested, or, indeed,

for those in ailing health generally. Sir James Clark states, from the end of October to the middle of May as the proper season for the residence of those who seek the mild climate on the score of health, and even up to the middle of August it is allowable ; but from that time to the middle of October it is far from a desirable resort. "The air is then relaxing, and has a depressing effect upon the animal economy." The same authority classes Niton, Cowes, Sandown, Shanklin, as good summer residences, but gives the preference over them all to Ryde, not only from its position, but because, "from the open manner in which part of it is built, many of the houses having gardens attached to them, it possesses most of the advantages of a country residence, together with those of a sea-bathing place. The neighbourhood is also very beautiful and favourable for exercise."

Returning to the mainland, and just ere we leave Hampshire for Dorset, situated about the central shore of its bay, we find

BOURNEMOUTH,

a winter and summer sea-side resort of more recent date than most others upon the south coast. We have remarked that places like Folkstone, which, but a few years ago were mere collections of huts, have, partly owing to their own capabilities, and partly under the fostering care of Railway Companies, sprung up into well-frequented and well-appointed watering places ; but Bournemouth has sprung from nothing as it were, for

so late as the commencement of the present century, its site was not simply unfrequented, but, to all intents and purposes, uninhabited, except by the wild fowl. Rather less than fifty years ago, by a happy thought, the extensive and flourishing fir plantations, which now give their shelter, and add so much to the natural beauty of the locality, were planted upon the hills around—a beauty and a shelter, moreover, which are so well maintained even during winter, that Bournemouth has already acquired the names of the “Evergreen Valley,” and the “Winter Garden of England.” Moreover, Bournemouth is not, directly at least, the elev  of a Railway Station, for it is nearly five miles from the nearest, which is Poole, one of the branch extremities of the South-Western rail. We need scarcely inform our readers that Bourne-mouth means the mouth of a small stream, or as it is called in Scotland, a “burn,” and, indeed, it almost seems as if here the Scottish appellation would be the most appropriate, for the scene is much more like one in the Northern Highlands than in Southern England; the hills; the clear burn, “bourne,” or brook; the glens, here called ehines; the firs, the heath, the gorse,* all look more like the “North Countrie.”

To a happy site, happily planted and chosen, has been added a most judicious style of building, the interminable terraces and straight town-house lines of sea-side resorts having been avoided. “Numerous detached villas have been constructed on the slopes, crests, and retired dells of the hills which form the

* Gorse or whin does not grow in very exposed northern localities.

valley. The designs are very various, chiefly Italian, and thatched Elizabethan cottages, or rather, in mock Gothic. They are, however, very pleasing in effect; combine very prettily with each other and the landscape; and, what is still more important, especially to the invalid, are convenient and comfortable habitations, sufficiently different in size to meet the wants of the unattended visitors, or of large families with numerous servants.”† Whether with intention or not, the thatching of houses, if well done, in such a place as Bournemouth is a very wise proceeding, as all who have ever lived under thatch will testify; the amelioration, both of summer heat and winter cold, by the thick coating of non-conducting thatch tending greatly to comfort. It is well, too, that in the laying out of Bournemouth sufficient spaces have been left for the purposes of pleasure grounds and of picturesque planting, which, in other words, means interesting walks and shady lanes. With advantages such as we have enumerated, it cannot excite surprise if Bournemouth has risen, and is still rising in public favour as a general resort; and when its climate, mild and yet bracing, is considered, that its reputation as a winter invalid residence, is firmly established.

Of the climate, Sir James Clark thus speaks—“From an attentive consideration of its position, its soil, and the configuration and character of the surrounding country, there can be no doubt that Bournemouth deserves a place amongst our best climates, and, for a certain class

† “Illustrated Guide to Bournemouth,” by Philip Brannon.

of invalids capable of taking exercise in the open air, affords a very favourable winter residence. If the winter temperature is lower, and the daily range greater than at Undercliff and Torquay, and if Bournemouth is less protected from cold winds than these two places, it has the advantage over the former in the excellence of its roads, and the extent of open country around it for exercise; and it has an atmosphere of a less relaxing and depressing character than that of Torquay. As a summer residence, Bournemouth must, from its position and the nature of its soil, be hot; and the clouds of fine sand, which rise in high winds at this season, are said to be very disagreeable."

Dr. Aitkin, who resided at Bournemouth tells us—
"There are two descriptions of persons to whom this climate offers great advantages, though neither may be said to labour under actual disease. In the first place, to persons who have long been resident in hot climates, and whose constitutions have, consequently, undergone changes that render them peculiarly susceptible of morbid impressions, resulting from the cold and dampness which prevail over by far the greater part of Great Britain. In the second place, to the young, who either from hereditary or accidental causes are of a weak habit of body, and whose tender and delicate constitutions, though unaffected with actual disease, yet are a constant source of apprehension and anxiety to their parents."

The late Dr. Mainwaring, who was resident physician in Bournemouth for ten years, gives equally strong testimony, saying,—“As a resort for delicate and rickety

children, it is unrivalled. The sands afford an ample scope for amusement and exercise ; the children dig and shape it into various forms and devices, which prove a never-failing source of attraction to them ; at the same time they are situated in a dry and warm play-ground, being sheltered by the wood-crowned cliffs. I have often been surprised and delighted by the rapid improvement which has taken place in pale and sickly children from India, and in children suffering from rickets in an aggravated form. The large drum-like stomach, the stunted growth, the enlarged joints, the pale and flabby skin, has but too plainly told the tale of suffering and disease ; in less than two months an alteration for the better has been most decided. The little sufferer has been changed from a state of listlessness to one of activity and comparative strength ; and from the misery of a fastidious appetite to that of craving heartiness ; and after a few months' residence at Bournemouth, they have been enabled to return to their homes far away, in the enjoyment of good health. These advantages are not confined to children ; the invalid suffering from consumption will here find comfort and relief by a winter residence ; and I have no doubt that when these advantages are once known, Bournemouth will become the favourite resort for invalids."

It is well, and it speaks well for the locality, that here has been selected the site for the Sanatorium in connection with the Brompton Consumption Hospital ; patients in limited circumstances, who are recommended by governors, being admitted on payment of a small

weekly sum. Thirty patients can be accommodated at one time. A little to the westward of Bournemouth lies Branksome, so similar in every respect, as regards climate, shelter, topography, &c., that it is sufficient to look upon it as included in the foregoing account, making allowances for those minor differences, which even a distance of two miles will give rise to.

As a sea-bathing place, Bournemouth may be considered “moderately good,” and not extravagant as a place of residence. In taking leave of it we must not forget to notice, as one of the principal peculiarities of its vicinity, the numerous “chines,” gorges, or glens, which intersect the cliffs and run inland, affording great variety of ground to the wandering visitor, who will not do amiss to wander to the top—if he can—of some of the many cliffs, for the sake of the view, and the fresh breezes.

We have been much indebted for information to a most excellent account of Bournemouth and its neighbourhood, written by Mr. Brannon, of Southampton, with whose description of our entire South Coast District—at once comprehensive and succinct, we cannot do better than conclude:—

“The district lies in the western part of the great valley which stretches east and west from Shorham, in Sussex, to near Dorchester, occupying the whole of South Hants and the greater part of the south of Dorset and Sussex. This valley is known as the chalk basin of Hampshire, and is formed by the high range of chalk hills extending from Beachy Head to Cerne Abbas,

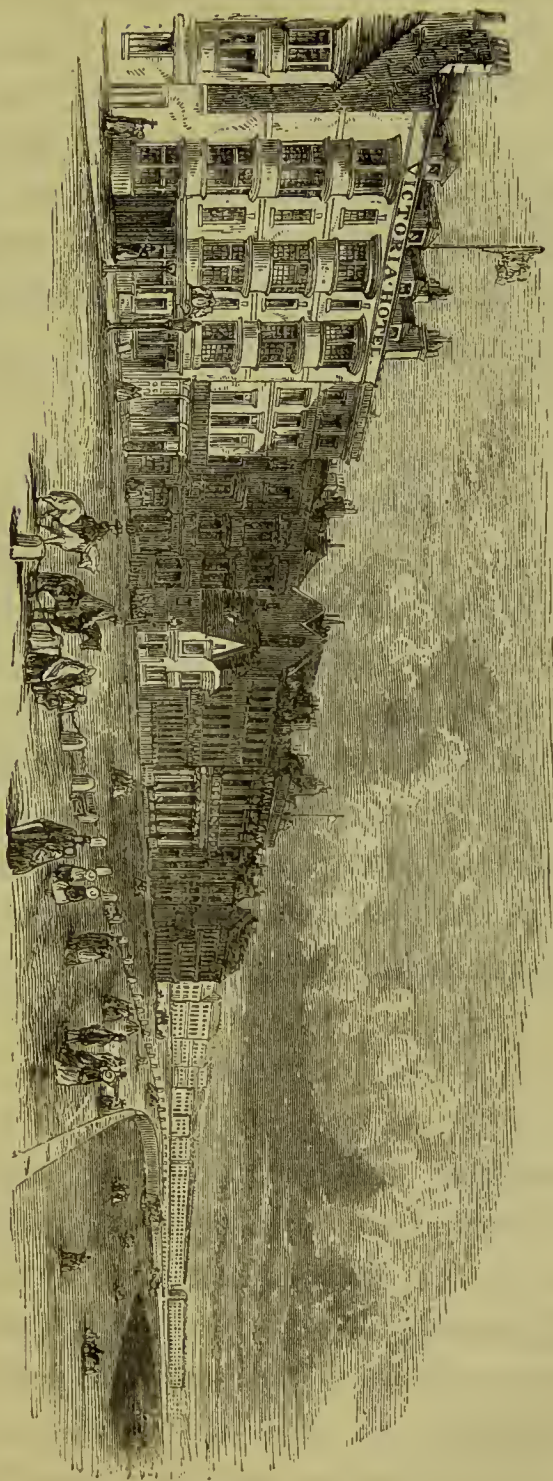
and through the Isle of Wight and the Isle of Purbeck. Northerly, this great chain of hills remains unbroken, whilst the south portion of the irregular ellipse, which was the evident form of the valley or basin, has been encroached upon by some geological convulsion, or the action of the sea, or rather by a combination of those causes; and two great portions of the south wall of chalk having been removed, one east and one west, the Isle of Wight has been left insulated in the centre, as a great breakwater to the extensive bays, channels, and harbours, which have been scooped out of the softer strata in the interior of the valley. To the east are Shoreham, Hampton, Pagham, Chichester, Langston, and Portsmouth harbours; shut in by the Isle of Wight are the Solent Channel, Southampton water, Beaulieu and Lymington rivers; and westward are the bays and harbours of Christchurch, Bournemouth, Poole, Studland, and Swanage."

Our readers will, perhaps, remember that the "South Coast District" of Sir James Clarke extended from Hastings to Portland Island. It, consequently, includes

WEYMOUTH, OR, MELCOMBE REGIS,

the former the original, the latter the modern and fashionable Weymouth. The usual amenity of climate, excellent and very extensive sands, an esplanade finer than most, and all the addenda of assembly-rooms, baths, libraries, &c., &c., are to be found here; moreover, Weymouth Bay is extremely well sheltered, and is

ESPANADA, WISCONSIN.



comparatively free from those rough seas which so often spoil the pleasure of timid bathers. It is, perhaps, no bad testimony to the salubrity of the town, when it is said that a noted physician left it as a place in which a medical man had "no chance either of living or dying."

We might now, continuing our course, enter upon the South West Coast Division of our Southern Health District of England, but as we have yet to pay our visit to the

CHANNEL ISLANDS.

we had better do it at once, before we get further away from them. We might, to be sure, wait and go from Plymouth, as we might have started from Southampton, or even London by steamboat, but, on the whole, Weymouth is fully as convenient as any, and promises the shortest and easiest voyage. Of the islands, Guernsey is the first in our path, but like the child we choose the bigger first, and mark our luggage, St. Heliers.

JERSEY.

It is somewhat curious to find a British possession, for the discovery of which in an ordinary atlas we must turn to the map of France, instead of to that of England; and, certainly, Jersey, lying as it does within the protecting arm of a French bay, with Cape de la Hogue on the one side, and Cape de Frehelle on the other, seems naturally to belong to France, from the coast of

which it is distant barely fifteen miles. Moreover, the French language is almost universally spoken in Jersey, at least by the lower orders. Nevertheless, Jersey is an ancient appanage of the British Crown, and one not annexed by conquest, but added to his English dominions, along with other possessions, by William of Normandy, the victor of Hastings. And a right good appanage and desirable possession is this garden-like, warm-aired, fertile little island, yielding, among other things, such superabundance of fruit and vegetables of the finest, with apple orchards the most productive, and such noted little milchers of cows, which, somehow, unfairly for Jersey reputation, go by the name of Alderney and Guernsey. Moreover, this valuable crown jewel of an island is so well “set” round with good solid rocks, seen and unseen, and so well guarded by the currents and eddies which these produce, that it is almost self-defended; so that with the addition of art, and by the aid of the stout hearts and strong arms of its loyal inhabitants, it has never, since becoming a portion of Britain’s dominions, been in the possession of a foe. Once, indeed, seven hundred Frenchmen made stealthy entrance by night, and even gained the market-place of St. Heliers—the principal town—by day-dawn; but not long did they keep possession, and few returned to tell the tale of their defeat and ejection.

Suppose we make up our minds to visit Jersey for our summer excursion in search of health, pleasure, and sea-breezes. The latter we may inhale to our heart’s content while crossing the eighty miles of salt

water which intervene between our point of departure at Weymouth and the harbour of St. Heliers, in St. Aubin's bay. Gradually sloping towards the water, and facing due south, the wooded, fertile, and farm-studded shores of this bay, present a most cheerful first view to the stranger; and who does not feel how much there is in a first view? As we near St. Heliers' harbour, the eye is attracted by its two places of defence; the one, Fort Regent, being the largest and most important fort on



ST. AUBIN'S, JERSEY.

the island, built on an elevated rock, and commanding the bay of St. Aubin; the other, Elizabeth Castle, three quarters of a mile distant from the town, and so far advanced seaward that at high tide it is surrounded by the water, though when the tide goes down the intervening space is left dry. If tradition speaks true, this intervening space was at one time a fertile meadow, before, like some other portions of Jersey shore, it was overwhelmed

by the sea. Perhaps some of the old Romans, who are known to have visited the island, could tell ; or, of later date, though still remote from our day, Rollo the Northman and his followers may have sent their horses to summer pasture on what is now a sea-washed beach of shingle.

Doubtless we have looked during our voyage at the map, or at some map of Jersey, and we have seen that it is a somewhat oblong shaped island, about ten or eleven miles long and five or six broad, the latter mea-



WATER LANE, JERSEY.

surement being from north to south ; its calculated area is a little above sixty square miles, or 40,000 acres. The calculation, however, probably includes the sands left bare at low water, and as Jersey has many sandy bays this must add considerably to the measurement.

Of course, Jersey being a little island, and not content with the name of “miniature beauty,” is inclined to measure all she can, not the less so perhaps because it is evident that she has at some time or other been curtailed

of her fair proportions. At St. Caen's bay, it is said that the remains of ruined houses are to be seen at low water, and geologists find a still more confirming testimony of the rocks, in the fragments which strew the shore.

The rugged and precipitous cliffs of Jersey, and the many sandy bays which occupy their indentations, offer a most interesting field for the sea-side naturalist, the sea-weeds and flowers—animal flowers withal—being especially fine, and sea creatures of all kinds abundant, whilst in the interior of the island the botanist will find many additions to his English Flora, properly so called, and all over it the geologist may work his hammer to his heart's content; neither need the artist's pencil be idle, or better still, his moist colours and solid sketch book, for the tints of the often fantastically shaped rocks of Jersey, and the picturesque "bits" of scenery both inland and seaward will yield him occupation for many a day. If he be, however, a disciple of Murillo, we cannot promise him many subjects, for, in Jersey, beggars are very scarce if churches are not; the latter, the consequence of the island being divided into twelve parishes.

Jersey is justly proud of her flourishing capital town of St. Heliers, at which we land, finding regular well-paved streets, and the full complement of public buildings—churches, libraries, market hall, prison, theatre, &c., calculated to meet the wants of thirty thousand people. For the healthy tourist or resident, St. Heliers is a most agreeable place of residence—as an invalid

resort it has the objection of being inconveniently liable to heavy and frequent showers of rain and to fogs. However, before we go into health capabilities, we may have a look at the country interior of our island. The general slope of the land we find to be towards the south, from the somewhat elevated and craggy north coast; but the surface of the country is one continued undulation; one series, as it were, of garden grounds under rich cultivation; the luxuriant growth of comparatively delicate plants, testifying to the general mildness of the climate, and to the absence of the severe killing cold of British or of Continental winters. This exception from severe cold and frost Jersey, of course, owes to its situation as a small island in the midst of ocean currents from warmer latitudes. To the natural beauty of the landscape, animation is given by the thickly scattered garden-surrounded dwellings of cottage proprietors, which, although they give but small evidence of wealth, tell of the absence of poverty and of the presence of all the necessaries and many of the luxuries of life. One peculiar feature of Jersey scenery is the extent to which minute divisions of the land is carried, and the planting upon the embankments, which separate the enclosures, giving the island a thickly wooded appearance, and a character of vegetative luxuriance pleasant to the eye but scarcely calculated to promote health. The abundant falls of rain, the many streams, and the humid atmosphere generally, have their influences much increased by the exuberant growth of trees and shrubs which prevent proper evaporation; not that there are many woods

or even plantations in the island, but its whole surface is garden and orchard.

On the side of St. Aubin's bay, opposite to St. Heliers, and about four miles distant from it, we have the town of St. Aubin, also protected by its castle. Its harbour accommodation is inferior to that of St. Heliers, and, consequently, it is less frequented by the business population; it has, however, a higher repute as an invalid resort; this reputation is shared with it by the country lying to the south-west of St. Heliers towards St. Clements. Going to St. Clements towards the sea we get a good idea of the formidable nature of the Jersey coast; for here the sea is literally studded with rocks, a defence in themselves, but as such much strengthened by the Martello-towers built among them. Jersey distances are not formidable, and we cross the south-west angle of the island, through Grouville, to visit the splendidly situated castle of Mount Orgueil, which crowns the northernmost point of the bay of Grouville. This castle stands upon a lofty rock projected into the sea, and its ruined towers, overlooking the coast of France, are most striking and interesting—it was for a time the residence of Charles the Second, during his exile. After a glance at the little village of Gorey, a noted oyster-fishing station, which lies on the shore below the castle, we go northward, through the rich district of St. Martins, till we reach, at the north-west corner of the island, the picturesque little harbour of Rozel, made additionally interesting by its Druidical remains. Not far from this St. Catherine's bay has the double interest of being one

of the most luxuriantly beautiful parts of Jersey, and of now being made a defensive post.

The visitor to Jersey will find no lack of easily reached objects of interest, and the invalids will not find the fatigue of long distances, though they may find that of high winds, which are not unfrequent. Generally the winds are from the south-west, but in spring the north-east wind often prevails for a considerable time, and unquestionably to the detriment of the delicate. May is said to be one of the most trying months in Jersey, while March is much less so than in Britain. The autumn extends far into winter, the landscape looking clothed almost up to Christmas, and vegetation is again well advanced by the beginning of April, thus making but a short season of wintry weather and barrenness.

With respect to the influence of the climate of Jersey upon disease, Sir James Clark remarks—"The most prevalent disease in the Channel Islands is chronic rheumatism, which, among the people of the rural districts is universal, after the age of thirty; dyspepsia, diseases of the liver, and dropsy, are also prevalent. Scrufula is common, but consumption is said not to be common. The climate of the Channel Islands has a close resemblance to that of the south-west coast of England, and especially to Penzance in Cornwall. There are the same equable temperature, the same soft humid atmosphere, and the same liability to high winds during winter, and cold north-east winds in the spring, which characterize the latter place. So close is the affinity of their climates, and so similar their influence on disease,

that the remarks which apply to the south-west of Devonshire and the Land's End as residences for invalids, are perfectly applicable to the Channel Islands." Thus, while in diseases of irritation the climate is serviceable, it certainly exerts an unfavourable influence on all nervous complaints arising from relaxation or want of tone of the nervous system, on persons subject to nervous headaches, and in some forms of indigestion. Indeed, indigestion from relaxation of the system is one of the most common complaints among the inhabitants of the coast; and it frequently happens that persons in good health, who have come from a colder and more bracing climate, suffer much from this disease—consequently, from the relaxing and enervating effects which a long residence in such a climate is liable to produce on many constitutions, invalids who intend to reside under its influence during several winters, should leave it in the summer and seek a drier and more bracing air. These, however, are cautions for invalids, and perhaps necessary ones; they are not meant for the tourists running away from town confinement and business anxieties, with their, perhaps, trivial and transient ailments; to such, Jersey will afford a most pleasant resort, no little recommendation being the necessity for the short sea voyage, and the chance of a little—just a little—turn of sea sickness.

As regards climate, the other isles of the Channel, Guernsey, Sark or Serque, and Alderney, are much upon a par with Jersey, in physical conformation they present considerable variety.

GUERNSEY

which is next to Jersey in size and importance, lies nearer to the coast of England, so we take the steamer which calls at Guernsey, the fairy conquered island, and lands us at St. Peter's Port, passing on the way the islet rocks of Herm and Tedthou, the first, a territory about two miles long, devoted to a community of rabbits, the second, half this size, a rock amid rocks, and a noted beacon station. Guernsey's high cliffs rising to face the south, and its low northern shore give it a shape the reverse of Jersey, which descends towards the south; a short extract from Mr. Cooper Dendy's "Islets of the Channel" will give the best idea of the little sea-girt and rock-girt place:—

"It is early evening in summer; wandering in the interior of this floral islet, you are directly surrounded by pretty quiet hamlets and homesteads. The abrupt lanes are lined and feathered by underwood of very luxuriant, yet dwarfish growth. The little gardens are glowing with flowers, and they, as if to shame the forest by a contrast, attain a gigantic height; their colours being exquisitely deepened into perfect beauty. The tree verbenia rises twenty feet; camellia, oleander, myrtle, aloe, cystus, blue hydrangea, fuchsia, geranium, magnolia, all blooming profusely in the open air; amaryllis, the Guernsey lily, being here unparalleled. The heliotrope overruns its bed in the wildest luxuriance; a carpet of the richest dyes, more beautiful by far than

the cloth of gold of Hindustan, and on which Flora might well hold her court of blossoms, and the canna Indica is now a denizen of the islet. And here on the brow is the village of Catel, looking down and across the flats to Braye. The antique church of the twelfth century, frowning in dark stone, adds high interest to the bright landscape around us."

Eight miles off lies

SARK,

or Serk, or Scrque, a little country of itself, raised high upon its table of rocks, and not to be easily approached, for it requires the skilled boatman of the place to take you both in and out safely. Moreover, Sark is not one, but two, the great and the little, connected by a narrow but traversable ledge of rocks.

The rocks, caves, little bays, and steep foot-paths of Sark, make it rather the resort of the strong summer tourist, and enthusiastic naturalist, than of the invalid; and the same may be said of

ALDERNEY,

where the steamer can land us if we will, or, at least, if the weather will, on our way back to Weymouth; in any case, landed or not, we pass the Casket Rocks, or, as they used to be called, the "Catte Rage," their name in 1120, when Prince William, in the "White Ship," returning from Normandy, was wrecked upon them and drowned.

CHAPTER VIII.

TORQUAY—TEIGNMOUTH—SALCOMBE—DEVONSHIRE GENERALLY—
CORNWALL—FALMOUTH—PENZANCE AND THE CORNISH CLIMATE
—LAST OF THE SOUTH COAST.

TORQUAY.

TAKE your map of England, place your finger midway between Brighton and Hastings, it will rest upon Beachy Head. Carry the finger on past Brighton, past the coast of Sussex—the same, almost straight line, continues along the sea-margin of Hampshire, crossing the noted ports of Southampton and Portsmouth on the one hand, and the Isle of Wight on the other. Still keep the finger on the same course, it skirts the sea-board of Dorsetshire, and, leaving Weymouth behind, enters upon the county of Devon. But scarcely have you got thus far, ere the straight, or nearly straight coast-line, takes a sudden turn to the south, and we find the bay-indented shores of this famed county of Devonshire, standing almost at right angles with the course we have just traced over. The first two indentations we meet with are the embouchures of the rivers Ex and Teign,

better known through the names of their towns, Exmouth and Teignmouth. A little to the south of the latter comes the jutting promontory of "Hope's Nose," forming one of the inclosing arms of Torbay, and having at its landward extremity the town of Torquay, which thus lies in the north-east corner of the Bay. Situation could scarcely be selected more favourable to the mildness of climate, and equability of temperature for which Torquay is so celebrated as a Health Resort. Passing Torquay, or rather Torbay, we reach the embouchure of the river Dart—Dartmouth. The situation of Torquay, between this river on the one hand, and the rivers Ex and Teign on the other, is assigned by Sir James Clark as one reason why the Torquay district itself is "drier than other places" on the south-west coast, "and almost entirely free from fogs," the rain appearing to be in some degree attracted by the rivers, although it seems to be unquestioned, that the high-lying district of Dartmoor also exerts considerable influence as a rain-divertent. "Torquay is well sheltered from the north-west, and is in a great measure protected from north-east winds." Moreover, "the extent of sheltered country around Torquay has this additional advantage, that it enables the invalid, by extending his rides into the higher parts of the district, to change his climate, in some degree, frequently; a matter of consequence to those especially who remain the whole season at Torquay."* As we have already remarked, Torquay lies at the north-east corner of Torbay, but the town itself is

* Clark on Climate.

situated in a smaller bay, under the shelter of the verdure-clad and wooded eminences of Park Hill, Waldon Hill, and the Braddons, which are studded to their summits with villas. A short way from Torquay, nearer the extremity of the promontory, lies Meadfoot, a sheltered spot on the coast, where the visitor or invalid will find good accommodation, with greater seclusion, but, of course, without many of the conveniences of Torquay itself.

Situated as it is in a district which has been named the Garden of Devon, the beautiful Bay of Torbay, presents the most charming—and to the invalid, most salutary variety of scenery; at one place the rugged rock, at another the wooded cliff rises from the water, and these again are succeeded by the wooded and cultivated slope, till the lofty elevation of Berry Head terminates the view. This irregularity of coast comes in advantageously as regards the site of Torquay itself, for it enables the invalid, even within the limits of the town, to take up his abode in very different descriptions of atmosphere, from the prevailing warmth of the lower sites, to the bracing breezes of those which are high up the hill.

Most persons are aware that Torquay derives its chief celebrity from the comparative warmth and mildness of its climate, as contrasted with other places in Britain; and hence its high claims to usefulness in the case of consumptive invalids. Mild, however, as the climate is, its equability, not only as regards humidity is, perhaps, a more striking and beneficial characteristic. Although the climate of Devonshire generally, is a damp one, it would appear that Torquay is drier than other parts of

the county, and drier when compared with other districts of Britain than it has generally been considered; the reason we have already given, being the attraction of the rain, by the vicinity of the rivers, and of the elevation of Dartmoor. The following, copied from Mr. Vivian's tables, will best illustrate the above:—
Taking the

AVERAGE NUMBER OF DAYS UPON WHICH RAIN FALLS.

	Annual.	Winter.	Spring.	Summer.	Autumn.
At Torquay it rains	132	35	30	32	35
Undercliff	146	39	32	33	42
Clifton	169	45	36	41	45
Hastings	153	39	31	33	49
London	178	48	43	44	43

Again, taking

THE QUANTITY OF RAIN IN INCHES.

	Annual.	Winter.	Spring.	Summer.	Autumn.
At Torquay there falls	28.20	6.82	5.61	6.38	9.39
Undercliff	23.48	4.65	4.06	4.29	9.48
Clifton	32.56	8.43	5.69	9.44	9.50
Hastings	32.81	7.59	5.80	6.40	13.02
London	24.80	5.85	4.80	6.67	7.43

As might be expected, even without reference to the above tables, the autumn and winter months are considerably the most damp at Torquay. Moreover, as stated by Dr. Shapter, in his work on *the Climate of the South of Devon*—"During the winter season the south wind is often accompanied by a warm thick mist, which is particularly relaxing, and, from its frequency, not unaptly styled, 'Devonshire weather.' This wind, traversing the Atlantic from the warmer latitudes, reaches the coast charged with a greater degree of moisture than

the air can contain, when cooled by the lower temperature of the local climate: the result is, the misty appearance of a great dew deposit." Evidently then, if Torquay is not so regularly moist in every season of the year as it has been usually considered, it is, in winter, a moist and relaxing climate; and this point requires to be taken into consideration by those persons who, either of their own accord, or in accordance with medical opinion, fix upon it for a residence. For however beneficial the soft moist atmosphere may be in some diseases and states of constitution, it is no less injurious in others.

But, as already remarked, the claims of Torquay, as a Health-Resort, rest upon the warmth, and especially the equable warmth of its climate. That is while it is warmer than perhaps any other place in Britain during winter, it is, comparatively, cool in summer. There is not, as the table will show, any very great difference in this respect, between Torquay and some of the other winter residences of these islands; but the difference would be much greater were comparison made with less sheltered, and especially, with more directly inland localities.

The following table shows the average temperature of the places indicated:—

MEAN TEMPERATURE.

	Annual.		Winter.		Spring.		Summer.		Autumn.
Torquay	52.1	...	44.0	...	50.0	...	61.2	...	53.1
Undercliff	51.3	...	41.8	...	49.6	...	60.6	...	53.5
Clifton	51.2	...	39.9	...	49.7	...	63.8	...	51.4
Hastings.....	50.4	...	39.0	...	47.4	...	61.7	...	52.2
London	50.3	...	39.1	...	48.7	...	62.3	...	51.3

The visitor in health, and the invalid who is not too

great an invalid to undergo a little fatigue, will find abundant scope for pleasant walks and excursions in the vicinity of this favoured spot, this garden of Devon. One of the most beautiful and interesting of these is the picturesque little village of Babbicombe, with its steep hill-side, and terraced gardens. Not far from this, but nearer the extremity of the promontory—Hope's Nose—a most picturesque spot—Ansty's Cove—is well worthy of a visit. The Cove is “divided into two unequal parts, by an out-jutting crag, through a narrow cleft, of which, a flight of rude steps, and a somewhat narrow and precipitous path, afford the means of intercommunication. These two divisions are of a singularly diverse aspect. The southern and smaller, is clothed with verdure almost to the water's edge, the green surface being here and there interrupted by protruding masses of the red rock. The other is almost all rock, beautiful in its many varied tints and multitudinous lines.”* Towards the middle of the promontory, between Babbicombe and Ansty's Cove, and Torquay, there is a curious cave, “Kent's Cavern,” celebrated for its fossil treasures. Beneath the bed of mud which forms the floor of the cave have been found “bones of the hyena, tiger, bear, wolf, horse, deer, elephant, hippopotamus, elk, rat, dog, sheep, rabbit, and some bones of birds.” Many of them gnawed and some perfect. Few persons there are who would not be interested in the facts disclosed by this curious and long-hidden page of creation's book. Facts which offer so wide a field for

* Handbook to Torquay.

speculation and research. On the side of Torquay, opposite to that on which lies Babbicombe, the Tor Abbey sands, Livermead and Cockington are favourite resorts for those who do not travel far ; and still nearer, commanding a full view of the bay, with its lively scenes, the Beacon Hill is easily reached.

A pleasant excursion to the southward leads past Paignton and Goodrington, to the fishing-town of Brixham, where William of Orange landed, on the 5th of November, 1688. Many of the finer kinds of fish, turbot, soles, whiting, mullet, &c., are the produce of this fishing-station ; and on Saturdays, when the principal fish-sales take place, the scene is a very animated one. One mile east of Brixham harbour we reach the south-west corner of Torbay—the “marble steep” of Berryhead, a worthy termination of the favoured Bay of Tor. We might say more of many other pleasant resorts around Torquay, and especially of the wild and picturesque district of Dartmoor, with its Druidical remains, its Sacred Circles, and Forts, its Cromlechs, Barrows, and Cairns, telling of people, customs, and pagan worship long passed away ; but these scarcely belong to our notice of a Health-Resort.

Truly one might almost long for a little, only a little threatening to health, which would consign us to so pleasant, interesting, and beautiful a resort as Torquay.

We have given our first attention to Torquay, as the place which stands highest in repute in the South-Western Division, and we might almost have said in Britain, in its own peculiar way, but it by no means

stands alone, for the whole coast, from Lyme Regis, where we part from Dorsetshire, to Plymouth, where we meet the Cornish border, is crowded with Health-Resorts of greater or lesser note. Of these, Sidmouth is the most easterly, Exmouth, Dawlish, Teignmouth meet us before we reach Torquay, and Salscombe after we have passed it, not to mention many smaller places.

For the district we are now in, Exeter is the headquarters, for here we find the commencement of the South Devon Railway, which runs its course of fifty-three miles to Plymouth, missing, however, our first and last localities, Sidmouth and Salscombe; and this district of South Devon has the soft mild climate, where the tenderest plants, both of vegetables and human kind, can live and flourish in winter. "It has a winter temperature nearly two degrees higher than that of the coast of Sussex and Hampshire, and from three to four degrees higher than that of London. The difference is most remarkable during the months of November, December, and January; amounting, on the average, in the sheltered places, to five degrees above London. In February the difference falls to three degrees, and in March and April the excess of the mean temperature over that of London does not amount to one degree."* The chief difference taking place in the night. Of course the mildness of the climate in particular localities varies greatly according to their shelter, exposure, &c.; shelter, generally, meaning protection from the north and east, although in some cases it is desirable from south-west gales as well.

* Clark on Climate.

As a general rule, the most sheltered sites, and those possessing the most equable and mildest climates, are to be found directly upon the shore, deriving their freedom from cold, in part, to the immediate vicinity of the sea, and their site, to the geological and topographical peculiarities of the district, which exhibits a succession of gorges, chines, glens, vales, or whatever they may be called, often traversed by a stream, and which open out as they approach the coast, thus giving the requisites of a south or west exposure, a sufficient space for the erection of a watering-place and all its appurtenances, few or many as the case may be, vicinity to the sea, and shelter, by means of the hills which form and surround the depression ; in some instances the elevation of ground being further aided by trees and plantations. It is not intended, however, to convey the idea that the only sheltered and temperate sites for invalid winter residence in Devonshire are of necessity on the coast ; there are inland places to which we shall allude, but, as remarked by Sir James Clark, "it will be found that as we recede from the coast, the cold, especially during the night, is more intense, and the range of temperature greater."

SIDMOUTH,

fifteen miles from Exeter, but not by rail, is, like Bournemouth, tree sheltered, although rising grounds around give their aid. That the climate is a mild one, the more delicate plants which survive winter exposure sufficiently

indicate. Mr. Lee, in his "Watring Places of Britain," describes the winter as often "too mild to be agreeable to those in robust health; snow seldom remains on the ground; November is gloomy, with fogs; December generally fine and equable, the wind being from the north; in January heavy gales are not unfrequent; February, though usually mild, is not unfrequently troubled by storms; in March, north and north-west winds prevail; September and October are agreeable." Sir James Clark, although admitting that there are some sheltered situations for invalids, regards Sidmouth more as a summer and autumn bathing locality.

Our course by rail from Exeter, is down the west bank of the Exe, at the mouth of which lies our next locality.

EXMOUTH.

To reach which, on the east side of the river, we must boat it across the estuary, at least till the direct line is made, leaving the rail at the Star Cross or New Cross Station. The town consists of an old and new portion, the former occupying the lower position, and on this account open to the objection of damp, and liability to exhalations from the extending river estuary; whilst the new, or higher part, is exposed to high winds. Upon the whole, opinion seems adverse to Exmouth as an established winter resort; although, undoubtedly, shelter is to be found. But, in summer, the want of shelter makes it less close and hot than many other places.

Nevertheless, although Exmouth is said to be the oldest established watering-place in Devonshire, it has not maintained its ground against its young and rising rivals. Between Exmouth and Sidmouth, four miles east of the former, in a sheltered valley, lies Salterton, one of the smaller watering-places, chiefly frequented in summer, but also well adapted in many respects for the winter residence of the invalid, who preferred quiet, and does not require a large space for exercise.

If, instead of leaving our train at Star-cross, we continue our course, three miles and a-half brings us to

DAWLISH,

a place ranking next to Torquay as a winter residence. The rail carries us between the beach and the town, and a fine promenade walk has been formed on the beach side of the line, which thus, instead of becoming, as was thought it would, an eye-sore and deformity, has been converted into a real acquisition. Dawlish extends a good distance up its narrow valley, and the best protection is to be found rather here than close upon the sea, where there is considerable exposure to the east winds in spring. Like many other places, Dawlish has sprung into notice during the present century; previously it was merely a small fishing village, but its site and climate have brought it into certain favour. Its limitation in every way is its chief objection; nevertheless, it possesses many of the establishments which now

seem the rule in every place of the kind. Moreover, the sea-bathing is extremely good.

Three miles of rail, and five tunnels, through rough, projecting headlands—a pretty good allowance for nervous travellers, bring us to

TEIGNMOUTH.

These tunnels, arched out of the solid rock, do not require interior building, as in most other places. The last, which is the longest, passes through the somewhat noted “Parson” rock, having just traversed the “Clerk”—both being well known headlands. At Teignmouth, as at Dawlish, the rail divides the beach, in part of its course, at least, from the town, and here, too, we have the promenade on the outer side of the rail. Teignmouth, which is divided into the East and West Towns, is not one of the recent places, but is noticed before the Conquest, and in the reign of Henry VIII. its haven was said to be capable of admitting vessels 800 tons burden. It was not, however, until the end of the last century that it began to attract attention as a watering-place, and to receive the consequent additions of new buildings which have progressively converted it into the now handsome and well-frequented Health Resort. The old parts of the town are for the most part irregularly built, with narrow streets; the new part, or visitors’ quarter, in the modern style, is situated on the Den or Dene, a tongue of land having the river on one side and the sea on the other. The Den, which is the great

attraction of the place, not only includes the principal public buildings, rooms, baths, &c., as well as the best houses, but it has also the chief drive and promenade, skirting the sea. Teignmouth has the usual mild climate of Devon, myrtles and other tender plants growing well, unprotected, throughout the year. It is somewhat exposed to the east wind, but as that prevails only in March and April, it does not suffer much in that respect; from the north it is tolerably protected. "The average temperature is almost six degrees higher than that of London from October to May, and five lower from June to September."* This comparative coolness in summer, and a deficiency of shelter as compared with the neighbouring places in winter, as well as good sands, make Teignmouth chiefly a summer resort. Yachts and pleasure-boats abound for those who like them. We must not forget that Teignmouth boasts of possessing the longest bridge in Britain—a light structure of wood and iron—which crosses the estuary of the river.

About two miles up the Teign from Teignmouth, the village of Bishop's Teignton has a good reputation as a sheltered locality; and, to some invalids, the slight distance from the sea, and comparative protection from even southerly gales, is an advantage.

When we depart from Teignmouth by rail, we take leave of the sea, and do not come upon it again till we reach Plymouth, the line to Torquay being simply a branch from the Newton Abbot station, and that branch we need not take now, having already been to Torquay

* Lee's "Watering Places."

by a more expeditious route of our own. From Newton Abbot, the rail cuts across the southern projection of Devon. At the extreme south of this projection we find a place where not only myrtles, fuehsias, and heliotropes flourish, but where the orange and the lime are also out-of-door plants, and ripen their fruits.

SALCOMBE,

within sight of the sea, lies a short distance up "Kingsbridge Water," an indentation on the coast, which is guarded on either side by the promontories of Prawl Point and Bolt Head. The former of these is a fine majestic headland, with a natural arch beneath, through which a boat may be taken in calm weather; the latter, with an almost equal elevation, opposes it on the further side of the bay: there is no lack of wild scenery, and of steep and rugged cliffs around, contrasting with the tropical greenness of the little watering-place which lies in their midst; probably, the warmest place on the south coast. Saleombe has yet the disadvantage of being too much shut in, of affording but small space for exercise, and limited accommodation for invalids; not being an invalid station only, but a busy little sea-port with a thriving trade. A couple of ruined towers mark the site of the castle, which stood so memorable a siege from the Parliamentary forces.

What would our consumptive invalids do without that curved stretch of coast, the South West District of Sir James Clark, which, extending from the ancient port of

Lyme Regis—a port when many of its new neighbours were but shingle and bare, untenanted shore—terminates at the upheaved slate-pointed promontory of Bolt Head, which we have just left. Between these two points lie “bits” of winter climate, if we may so speak, which are scarcely to be matched in Britain; but yet, bits of peculiar climate, much warmth, and, in winter especially, much moisture. There can be no doubt that Devonshire climate *is* moist and relaxing. Differences there are, no doubt, in the extent of this, but yet it is never altogether lost; and, as a consequence, there are certain kinds and states of constitution, which receive injury rather than benefit from residence in it. Even many lung cases are better away. Moreover, cases that will do well at certain times of the year, must leave at others; and people who do well for two or three months, will, if they stay longer, begin to fall back. Here, however, we are getting upon ground which should be left to the medical adviser. Suffice it to say, that, as a broad rule, persons of relaxed habit, or suffering from diseases of relaxation, should not resort to Devonshire except under medical sanction. We speak of it more with reference to the winter resorts, rather than to the summer watering-places—of its seaside, rather than of its inland localities; for some of these—as Chudleigh and Moreton Hampstead—are said to possess a much more bracing air and climate.

The county of Devon has one peculiarity which we have not heretofore encountered: it has two coast lines, divided entirely from each other—the one north, facing the Bristol Channel; the other south, looking towards

the English Channel. Moreover, there is no other English county similar to Devon in these respects. Consequently, having left its south shore, we must, before reaching its north, coast-wise, at least, turn the Land's End, and traverse the most remote county of England—too remote, perhaps, for a great proportion of our readers, yet not without interest, both to the traveller, and to some classes of invalids.

Penzance, in the extreme west of Cornwall, the “Land's End District” of Sir James Clark, is the principal health station, and includes Marazion, which is but a short distance from it. The pretty little Dutch-founded town of Flushing, near Falmouth, has also some reputation as a health resort. Probably the Cornwall and West Cornwall lines of rail will by degrees bring into notice other spots suited for invalid residence, although the extreme distance from the great centres of English life must prove a serious obstacle. The rails we have just mentioned are in direct communication with the South Devon from Exeter; but if you wish to visit Falmouth neighbourhood, with a view to health shelter, you must stop at Truro. Possibly, amid the many arms and intricate windings of Falmouth's most commodious harbour, you may find other sheltered nooks as yet unknown, and, of course, the whole neighbourhood partakes of the general mild Cornish climate, of which, however, we shall speak presently. Falmouth itself, for long the chief Government packet-station, is an old-fashioned, irregular town, but, like so many others, throwing out its new and more airy suburbs. Being at

Falmouth, if you have the ambition of standing as far towards the south pole as you can on the soil, or rather, we must say, on the rocks of England, you can do so now, by visiting the well-known Lizard Point. If you are an invalid, you will leave such a distinction to the tourist, and push on to Penzance, the health-place of Cornwall, which, by virtue of its name, meaning "Saint's head," takes for its arms John the Baptist's head on a charger. Situated on the shores of Mount's Bay, the bay of the noted St. Michael's Mount, Penzance faces the east, but is well sheltered from the west, the quarter whence come the gales, and real gales they are, which sweep over the south-western, peninsula-like, seagirt county of Cornwall. The climate of Penzance, and indeed that of Cornwall generally, is very peculiar. We quote from Mr. White's "Walk to the Land's End" an excellent description of it. After noticing the great and early productiveness of the land in some parts, and especially in the immediate vicinity of Penzance, he says:—

"From the Orkneys down to Cornwall, there is an increase of one degree of temperature for every 111 miles; the mean of the year being 46° in the north, and 52° at Penzance. From east to west the increase is one degree for every 66 miles; and while the winter temperature of Greenwich is 35° , that of Penzance is 42° . This part of Cornwall has thus a winter less cold by many degrees than any other part of the kingdom. The first traces of vegetation appear earlier in this country, as already mentioned, than on the opposite side of the channel, or even

in the north of Italy. But there are modifying circumstances, and unless these are taken into account, the idea suggested by 'perpetual spring,' will prove fallacious. Owing to the narrowness of the country, and its position between two seas, the Cornish summer is not so hot as in countries three or four hundred miles nearer the north; the harvest is later, and the air, loaded with damp, while it retards the ripening of grain, produces on some constitutions a feeling of languor and depression unknown in a drier atmosphere. Though the difference of temperature between the two seasons be much less than in other places, approaching to equality; and though the winter be mild, it is wet, and the summer is cool and humid. These are considerations not to be lost sight of in discussing the important question of change of air. Whether on the cliffs of Devonshire or Cornwall, there were few days on which I did not find my overcoat acceptable, and the evenings were almost invariably chilly."

"Another modifying influence is the quantity of rain. The average yearly rain-fall in Cornwall is 44 inches; in Middlesex it is 24 inches. The popular saying that 'Cornwall will take a shower every day in the week, and two on Sundays,' is thus seen to have had a substantial origin.

"In the winter months the sea is from 4° to 8° warmer than the land; hence the little snow that falls is soon melted along the borders of the coast. At times a gusty drizzle sets in and lasts for two or three weeks, making every thing miserable out of doors, and damp within.

That misty rain which saturated me at the Lizard, happily but for a few hours, was a specimen. The valleys, too, are subject to fogs.

“But the Cornish winter is not a cheerless season ; quite the reverse. Dwellers in Middlesex and the neighbouring counties, have not unfrequently to lament that in some of the autumn and winter months the sky is covered with thick, leaden clouds, through which the sun never pierces for weeks. Such a state of things rarely occurs in Cornwall ; if there be much rain, there is also much sunshine ; more than falls to our share here in the east. Except on the extraordinary occasions referred to, the rain seldom lasts beyond a few hours, and for one-half of the day the sun will be so bright and warm, that it is only by observing the vegetation you are reminded of January. Such a winter, as some think, more than compensates for the deficiencies of summer ; and we see that rain every day for nine months does not necessarily imply constant gloomy weather.”

Sir James Clark thinks that one principal advantage of the Penzance climate is its comparative warmth during the night at all seasons, but remarks : “In the spring Penzance loses its superiority of climate. In April and May it is decidedly inferior to the more sheltered spots on the south coast of Devon, and to the Undercliff.” This inferiority is chiefly owing to the north-east exposure of Penzance, and might probably be counteracted by the selection of a more specially invalid position ; for it must be remembered that Penzance was not sited and built with any special view to climate advantages, and that

whatever it has to offer in that way is simply incidental. The accommodations for invalid residence in and around Penzance are good, and the surrounding country offers abundant facilities for exercise in walks and drives; certainly a consideration, when taken in connexion with the equable winter temperature. For those who are able to extend their rambles further, the Lizard Point on the one hand, and the Land's End on the other, offer different kinds of interest. The former has the bold, varied scenery of its rocky coast, but then its rock is not common rock, but the beautiful, fire-hardened red and green-veined serpentine, which is too hard to be affected by the never-ceasing wash of the waves, and would endure, probably, when the granite which composes the Land's End promontory had given way, and granite is not the most yielding of materials.

The interior of Cornwall generally does not seem, apart from its mineral interests, to offer much to the stranger; a succession of low hills and barren moors, without wood, and covered with heath and furze, look coarse and naked. The scenery of the north coast is said to be grand, "the cliffs high, steep, and craggy, and going straight down into the ocean," with occasional sandy beaches between them, but subject to the beating of a "tremendous sea" along their entire length. "The coast scenery on the south is not so striking, but in many parts is very beautiful; and the mouths of the valleys opening sea-wards, and often traversed by small rivers, fringed with wood, present views that may not be excelled."*

* Daniell's "Geography of Cornwall."

“Tourists who visit Cornwall in search of the picturesque, usually travel by the road from Plymouth, through Liskeard to Bodmin. This route lies through a succession of valleys which, being sheltered from the sea breezes, are well wooded, and, owing to the dampness of the climate, abound in various kinds of ferns, all of most luxuriant growth.” †

Adieu to the south coast of England, the winter home of the invalid, the haven of health to which so many of the loved ones are consigned for safe keeping during those months when the general climate of Britain is too cold and bleak for such tender plants, which, like the myrtle and hydrangea, must be housed if they stay at home, but, like them, can enjoy the free open air of sheltered spots and southern exposure, warmed by the proximity of the ocean; and yet a summer resort, too, where so many a sickly child is taken, and many a toil-worn parent seeks for health, and gets it, too; climate and scenery alike combining—and the last does much—to bring back colour to the cheek, light to the eye, and vigour to the limbs.

† John’s “Week at the Lizard.”

CHAPTER IX.

NORTH DEVON AND ITS CLIMATE—ILFRACOMBE; ITS SCENERY, ITS NEIGHBOURHOOD, AND ITS SANITARY ADVANTAGES—WESTON-ON-THE-SEA¹—CLIFTON; ITS WATERS, NEIGHBOURHOOD, AND CLIMATE—BATH; ITS SITUATION AND HISTORY; THE BATHS AND THE WATER—DEPARTURE FROM SOUTH COAST DISTRICT.

Starting for South Devon and Cornwall we made Exeter our point of departure, we must now make it so again, taking the North Devon line for

NORTH DEVON,

or, rather, for Ilfracombe and its neighbourhood, that being the resort most usually, if not solely, associated with this district. The rail, however, does not run all the way, but drops us at Barnstaple, which is the nearest point, leaving eleven or twelve miles of coach at the end of the journey. We should mention, however, that there is constant and direct communication between Ilfracombe and Bristol by means of steam vessels.

We have now got into the West of England District of Sir James Clark, and the last portion of our own

Southern Health District, lying upon the shores of the Bristol Channel, and upon the banks of the Severn embouchure. Our readers will, perhaps, remember that here, just to the north of Bristol, we must come upon the termination of our east and west line—from Thames to Severn—which divides our Southern District from the rest of England.

According to Sir James Clark, the “mean temperature of the Western Group of Climates during the winter is rather lower than that of the South Coast, but in spring rises a little higher;” moreover, the climate of the north coast of Devon, whilst claiming to be almost equally mild with that of the south coast, claims also to be considerably more bracing. Of course, as elsewhere, the precise situation as regards shelter, &c., determines greatly the climate of each separate place. In the interior of North Devon, and on its high moors, are to be found spots as bleak, and air as inclement in winter, as, perhaps, in any portion of our island; whilst, in the sheltered vales looking seaward, our out-door test of geranium, hydrangea, and myrtle, holds good all the year round. The warming influence of the gulf-stream, too, tells more directly upon the shores of the Bristol Channel than upon the South Coast.

We do not find in the district we have now entered the watering-places and health resorts as thickly set as we did upon the South Coast—indeed there are but two which require our special notice. These are Ilfracombe, already adverted to, and Weston-super-mare, or, as it is Englified, Weston-on-the-Sea, which

has its site upon the Somersetshire coast just where Severn's mouth becomes Bristol Channel.

ILFRACOMBE,

which is situated amid some of the most beautiful scenery of the county, was, formerly, like so many of our older towns, composed of one long high street; it has, too, of late years, like so many others, received its complement of terraces, villas, baths, &c., &c. The baths are said to be good, and possess the advantage of a tunnel running down to the beach, for the benefit of sea-bathing privacy, or rather, we should say, two tunnels, one for ladies, the other for gentlemen. "Gentlemen may bathe at any state of the tide on the beach to the left hand; and a second tunnel communicates with a retired cove to the right, which is set apart for the especial accommodation of ladies. Here, as the tide retires, it leaves a large basin of sea-water, called 'The Ladies' Bathing Pool,' where the most timid may enjoy themselves at all seasons."* Certainly an advantageous arrangement, sufficient of itself to induce some to resort to Ilfracombe for its sea-bathing, and an improvement upon the very open and free-and-easy bathing practices which we have already animadverted upon, as prevailing in some places.

From the hills which surround, semi-circularly, the harbour of Ilfracombe, and give it a good shelter, there are beautiful views, extending, in clear weather, to the

* North Devon Guide.

opposite Welsh coast, as far as Tenby. The country around Ilfracombe is hilly ; and one writer, Mr. Lewes, in his amusing "Sea-side Studies," describes it as "billowy with hills which rarely descend into valleys." What the French picturesquely call the *mouvement du terrain*, which suggests hills in motion like the waves, is here seen on every side ; and these waving slopes are in spring-time pale with primroses and flaming with furze. Those of our readers who know the Southern Highlands of Scotland, must have seen there this *mouvement du terrain* in perfection, on a large scale ; only there the beauty of the hills is not so much in spring as in the later summer, when the whole is purple with heather. However, we must not get quite so far north just yet, but return to Mr. Lewes, who tells us how touches of rich red-brown marl warm up here and there the whole landscape, and that "if you climb one of those hills, the chances are that you come upon a rugged precipice sheer over the sea, unless a green slope leads gently down to it. These breezy hills, and the soft, secluded valleys (there are valleys), and the matchless lanes which intersect the land with beauty, afford endless walks of varied delight."*

At Ilfracombe, "go where you will, you cannot miss a lovely walk, that is some comfort ; but there is an embarrassment of riches. Towards the close of spring, when the trees are in full leaf, but still keep their delicate varieties of colour—varieties lost in the fulness of summer, to be regained with even greater beauty in

* Sea-side Studies, p. 6.

autumn,—at this time, when the furze is in all its golden glory, perpetually tempting one to pluck a tuft of blossoms as the largest specimen ever seen, and scenting the air all round, Ilfracombe is enchanting. So it is in summer: but the loss of the furze is almost like the fading away of the evening red. Contemporary with the furze is the lovely primrose, here seen to perfection, covering the hill sides with pale stars, almost as plentifully as butter-cups and daisies elsewhere. In such a season, the walk to Lee seduces with its beauties of rocky coast and wooded inland hill; or the woods of Chambercombe lure you into their coolness. When the sun is broiling in cloudless blue, the coolness of a wood, in which the sunbeams only flicker through branches, and elicit all their beauties, forms a pleasant retreat; and before you reach Chambercombe the eye has been delighted with perpetual landscapes.”

“One of the endless charms of these lanes—as of all mountain districts—is the frequency of the springs, glossy with liverwort, and feathery with fern, making a pleasant music day and night.”*

“Another favourite walk was to Watermouth and Berry Harbour, over the edges of majestic cliffs, revealing inlet after inlet, each differing in its wealth of colour, each a picture, till we pass into what are called the ‘Meadows,’ really a noble park, through which runs a stream fringed with wild flowers, and clear as crystal; every twenty or thirty yards the stream falls over an artificial precipice of stones, making a dulcet music. The

* Lewes’s “Sea-side Studies,” p. 34–36.

slopes on each side are richly wooded, and the sequestered silence of this spot adds to its charms."

Surely here is beauty enough to tempt any of our readers, who can do it conveniently, to visit Ilfracombe. We must not, however, say to it an unwilling "good-bye," without noticing the most distinguishing feature of the place itself, its seven hills, or "Seven Tors," behind which the town partly lies, and, "which, with their shaggy heads towards the sea, and their soft swelling slopes of green towards the land, remind us of some mighty animal which has reared itself on its fore-paws to gaze on the yet mightier ocean." One drawback to Ilfracombe, however, with its many beauties, is the complete absence of sands; the shore is wild and rugged. "But what a shore! Precipitous walls and battlements of rock rise on each side, making a bay; before us, sharply-cut fragments of dark rock start out of the water for some distance. Every yard of ground here is a picture. The whole coast-line is twisted and waved about into a series of bays and creeks, each having a character of its own; and whether we stand on the Tors, and look along the coast, or on the shore, and look up at the rocks, it is always some new aspect, something charming for the eye to rest upon."

Notwithstanding the difference in geological formation, samphire is plentiful on the clay-slate Ilfracombe rocks, as on the chalk cliffs of Dover. In addition to its own immediate neighbourhood, there are numerous places of interest and beauty within easy distance of Ilfracombe, and few localities present greater opportunity, either to botanist, geologist, or artist; but these matters, space forbids us to note.

If what we are told respecting the average mortality of Ilfracombe be perfectly correct, it must take its position as one of the healthiest places in the kingdom. In the "Guide to North Devon," edited by the Rev. George Tugwell, it is stated that 15 per 1000 of the standard of the ordinary population is the annual rate of mortality, and that, making allowance for the numerous visitors, 13 per 1000 would probably be the real estimate. Even at 15 per 1000 as a death-rate, there are but very few places in the kingdom which hold a parallel position, and there are none, strictly forming part of Great Britain, which fall so low as 13 per 1000. To get as low as that we have to go to the distant Faroe Islands, which probably owe their immunity to complete isolation from many causes of disease, such as epidemics, and the like. When we know that many places in this kingdom have a death-rate even as high as from 30 to 35 per 1000 annually, the very low mortality of Ilfracombe, presuming the statement is free from error, is no slight recommendation. In the matter of drainage, so important as regards health, Ilfracombe is said to possess great advantage from the position of its slate-rock.

Situated rather in the Severn Mouth than strictly in the British Channel,

WESTON-SUPER-MARE,

or Weston-on-the-Sea, is another of the risen, and still rising watering-places of the present century. It has

the great advantage of easy rail communication in all directions. Eastward with London by the Great Western ; northward, and with the Midland Counties, by the Birmingham and Bristol line ; and southward, by the Bristol and Exeter. It is situated in a valley, sheltered by hills, except on the west, where it is open to the sea. Weston appears to possess all those advantages and conveniences which constitute a favourite watering-place and invalid resort ; the chief drawback, and one common to sites upon estuaries, is the great recession of the tide at low water, leaving a large surface of uninteresting and somewhat dreary sand.

We must now, for a time, at least, bid adieu to the sea coast where we have been wandering so long, though even yet we do not get beyond the ebb and flow of the Severn tide, which follows us to

CLIFTON, NEAR BRISTOL,

our next visited resort. Close to, indeed, a continuation of Bristol, Clifton was first brought into notice by its hot well, or rather, for "hot" is a misnomer, by its tepid spring ; but latterly it has become better known as a resort for consumptive and other invalids. From a village, Clifton has risen during the present century to the dimensions of a town, with a population of more than 15,000, and a town built with every reference to its health capabilities. As to the tepid mineral spring, the temperature of which is not above 73° Fahr., it appears to have fallen into comparative disuse. Indeed,

the water is so comparatively slightly impregnated with saline ingredients, that much of it is used for domestic purposes. The salines consist, chiefly, of salts of lime, with a small proportion of magnesia and sulphate of soda. There is, however, a considerable amount of carbonic acid and nitrogen gas in solution in the water when first drawn, and this tends to lighten a drinking water, as far as the effect upon the stomach is concerned, enabling a larger amount to be taken with impunity, and thus to have the pure diluent effects of water more fully brought out; to this, probably, is due the good effects upon the kidneys, and in gravel cases, which have been attributed to this water. In some cases of disordered digestion, it is said to be serviceable, drank before breakfast, and aided by exercise. Probably pure waters, generally taken in the same way, are not less useful, putting aside the gaseous impregnation, and the slight degree of natural warmth which in some cases agrees best with a weakened stomach, the gas preventing the sickly nauseousness of artificially heated water. In the hectic fever of consumption, and in symptomatic fever generally, it is said to be specially useful in allaying thirst.

The Clifton spring rises at the base of the St. Vincent rocks, which overtop the channel of the Avon, having, evidently, at some remote period, been severed from the opposing rocks of the chasm by some natural convulsion, which, doubtless, had common origin with the same volcanic but modified agencies which now give to the water its certain degree of high temperature. The con-

nection with active subterraneous agency is said to have been remarkably verified at the time of the great Lisbon earthquake in November, 1755, when the water became for some time red and turbid.

It is beyond dispute that Clifton enjoys great advantages with respect to situation, surrounded as it is by wood, rock, water and down, picturesque in their variety.

Moreover, the very different elevations upon which the town is built, offer much choice in the way of habitation, sheltered or otherwise. The most sheltered sites are, as might be supposed, nearest the base of the rocks, in the vicinity of the hot wells, but they are open to the objection of being too confined, and liable to an undue degree of humidity, especially in summer ; and although many invalids do resort to Clifton in winter, the larger proportion of visitors come in summer time. The higher parts of the town have, undoubtedly, a drier and more bracing air, if they are more exposed, though, as Sir James Clark observes—"the crescentic form of the buildings in this place is singularly well adapted to the situation, as it affords protection to so many terraces, well suited for exercise during the prevalence of northerly winds."

As regards the question of moisture in the Clifton climate, there seems to be some difference of opinion. Dr. Granville, in his *Spas of England*, says that, according to his inquiry, "it rains at Clifton perhaps more than in most parts of western England, probably as much as in Devonshire." On the other hand, Sir James Clark

says—"The fall of rain in this district is less than, from its western position, might have been expected, and less about Bristol than in the district generally." But, however the circumstance might be explained, the fall of rain is absolutely less here than in Devonshire and Cornwall, and much the same as on the South Coast." * As the latter opinion is founded upon "the result of ten years observation at the Bristol Philosophical Institution," it is probably correct. Moreover, an excess of wet is counteracted by the nature of the limestone and sandstone rock on which Clifton is built, surface moisture being so rapidly absorbed, that very shortly after rainfall the ground is again free from damp and fit for walking. We again quote from Sir James Clark:—"This climate, from the obvious local advantages which it possesses in point of aspect and shelter, and from the evidence afforded by meteorological registers—the vicinity of Bristol and Clifton—is the mildest and driest climate in the west of England, and consequently the best winter residence for invalids in that part of the country.

"Compared with the South and South-West Coasts, the spring is the period of the year during which this climate appears to the greatest advantage. That season, as we have already seen, is warmer here than on the South Coast (with the exception of Undercliff), whilst it is equal to that of the warmer parts of the South-West Coast: compared more closely with that of Devonshire, the climate of Clifton may be characterised as drier and more bracing than the former, and as less

* Clark on Climate, p. 169.

soothing to most consumptive patients, and to those labouring under irritable affections of the bronchial membrane. For such cases, the softer and more humid air of Devon will be found more suitable; while for invalids, whose constitutions have suffered from long-continued derangement of the digestive organs, or a congested state of the mucous membranes with copious secretion, and also for young scrofulous persons, and those of relaxed habits of body generally, Clifton will prove a preferable climate.

“In its geographical position and local advantages, therefore, Clifton affords peculiar advantages as a residence for a large class of invalids. Within its own limits it affords a sheltered winter and spring, and an open, airy, summer and autumn residence; whilst it is surrounded by numerous places of convenient and agreeable resort in the fine season, suited to the various classes of persons who may seek its shelter during the winter.”*

It is of no light consideration in the selection of a health resort for the ailing, that sources of amusement and interest should be easily attainable. To the confirmed invalid, a view as cheerful and extensive, and with as much of stirring interest, as possible, from the windows, or the sheltered, and therefore limited, promenade. For the health-seeker, able to take more active exercise, interests suited to his own peculiar taste, whether that lead to the sketch-book, the geological hammer, or the botanical box, or to the old ruin, or

* Clark on Climate, p. 171.

historical district. All these advantages Clifton and its neighbourhood appear to offer in an eminent degree. To the picturesque beauty of the place itself we have already alluded, and its nearness to so great a commercial city as Bristol, with the navigable Avon, well provides for stirring scenes. The plants, as might be expected from the topography, are very varied, and the volcanic agencies which have left such marked traces of their effects, are guarantee that the geologist will here find abundant materials for study. Even within easy distance of Clifton, or short run by rail, many sites of historical and antiquarian interest are reachable, and Bristol steamers bring others within the range of even a not over strong traveller. A visit to the battle-ground of Sedgemoor, not far from Weston-Super-Mare, will bring us to the foot of the Quantock and Mendip Hills—favourite resorts, at one time, of Wordsworth, Coleridge, and Southey, and the home of Andrew Crosse, the electrician—to the Cheddar Cliffs and the Banwell Caves, now so well known for their abundant and somewhat mysterious collection of fossil bones. In conclusion, be it remembered, that Clifton is not solely devoted to the invalid, for many a Bristol merchant has there his pleasant home, and many a summer visitor comes for pleasure solely, not for health.

Our next move takes us at last quite away from the coast, but not very far; for, following the course of the Avon, little more than twelve miles inland, we come upon one of the best known, best frequented, handsomest, and most extensive of our English Health Resorts—the

“Queen of the West,” the “King of the Spas,” the “City of the Waters of the Sun,” and the “City of Pallas”—

BATH ;

for it is Bath which boasts all these names. Few places have, perhaps, had more said in their praise than this beautiful city, and, as the highest praise, it is often put in comparison with Edinburgh ; but as Dr. Tunstall, in his “Rambles about Bath,” aptly says, it is not “comparison” which should be drawn, but “contrast” which should be made between the two places, so distinct are they in their features : Edinburgh, with its sea view, its rugged castle rock, its picturesque old town, crowning its back-bone ridge—its distant mountain ranges, and its extent : Bath, comparatively small, with its “verdant downs,” “noble crescents,” and “cultivated coombs,” its “gently-sloping eminences,” and sheltered valleys, with their neat cottages clustering around the village churches.”

Of course there is an old Bath and a new one ; the old city, which has, however, been greatly renovated, being sited upon and occupying chiefly the tongue of land which is formed by the bend, and is encompassed by the course of the Avon. New Bath, extending northward, and spreading east and west, occupies the triple circlet of rounded swelling hills which shelter it, with its crescentic lines of fine building, rising in terraced succession, one above the other. The height of these

eminences, ranging from 400 to 800 feet above the sea level, affords shelter and position, which have been well taken advantage of, and the *coup d'œil* of the city, whether by night or by day, is such as few places can match.

Moreover, facing the old city of Bath, upon the opposite side of the Avon, has risen up the new and handsome addition or suburb of Bathwick, and from this the lines of Bath, properly so called, are to be seen to most advantage. To reach Bathwick most directly, we cross the Avon by Pulteney Bridge, but, in all, the river is spanned by nine bridges of one sort or another. Bathwick is principally situated upon a flat of land between the river and the hills beyond, and, being a new place, commands all the advantages of modern finish and elegance in its streets and houses, terminating, as it were, at its planted pleasure ground, Sydney Gardens, which those who have come in by the Great Western line have already passed on their way to the Bath Station.

However, to return to Bath proper, where the baths and hot springs, from which it derives its celebrity, are situated. Lying, as it were, in a basin encompassed by hills, its shelter is, of course, good. Eastward, is Claverton Hill, about 600 feet above the sea level; more to the north, Bathwick Hill, from which are to be seen some of the most beautiful views of Bath and its environs, including Lansdowne Hill, the highest eminence in the immediate vicinity, lying to the north-west of the city, and celebrated some years ago as the site of the famous tower and grounds of Mr. Beekford. As might be

expected, these many eminences are effective barriers to the cold winds of our climate, and hence it has come about that Bath is more indebted to its winter residents seeking a mild air, than to its summer visitants looking for health in the volcanically-heated mineral springs.

Great as the fame of modern Bath is, as a city and a residence, it has, nevertheless, a very ancient reputation. It is a received tradition that the ancient British king, Bladud, who flourished 863 years before Christ, was the first discoverer of the hot springs of Bath, or rather, perhaps, if merit there be, it is said to belong to king Bladud's pigs, which, by their fondness for wallowing in the warm marsh, first drew the attention of their royal owner. However that may be, Bath was, certainly, a well known Roman station for the four hundred years of Roman occupation of Britain—from A.D. 45 to A.D. 444—and it was during that period it received the name of "City of Waters of the Sun." The attention bestowed upon it is well attested by the numerous remains which have from time to time been discovered, of buildings as well as baths. The site of the Roman baths was long lost sight of, and covered up by the monastery, to be regained about one hundred years ago, when the latter was pulled down.

At present there are various bath establishments all situated in the town: of these, the King's and Queen's Baths are the most ancient; there is also the Cross Baths, the Abbey Baths on the site of the old Roman Baths, and the Hot Bath, with which is connected the Royal Private Bath. The public King's Bath is of large

dimensions—60 feet by 40—the water rising into it at a temperature of 117° , and at the rate of 128 gallons per minute. From the same source, the smaller Queen's Bath—25 feet square—is supplied, but by the time the water reaches it the temperature is lowered. With the public baths there are connected private baths for those who desire privacy ; and there are also provisions for the varied application of the water in the way of shower and douche baths, as well as for a tepid swimming bath ; all the public baths being emptied at night. The present arrangement is for ladies and gentlemen to bathe in the public baths on alternate days, but it is not so very long since the practice of bathing together was practised. It might, and no doubt did, afford opportunity for the display of elegant bathing costume, but our modern notions will certainly consider it more honoured by the breach than the observance. The Cross Bath is considerably lower in temperature than the King's, owing, it is supposed, to the water finding its way to the surface by a more circuitous route. The Abbey Baths and the Hot Baths are about the same temperature as the King's, perhaps, slightly lower.

The Bath water is the only mineral spring in Britain which can properly be called hot, the others, such as Clifton, Buxton, and Matlock, being barely tepid. In addition to its high temperature, moreover, the Bath water contains sufficient mineral ingredients to give it very sensible medicinal properties, both as an external and an internal remedy.

“ The diseases which are benefited by the Bath waters

are, palsy, gout, rheumatism, nervous derangements in which the brain is not materially affected, leprosy, chronic diseases of the skin, palsy from lead, poisonous effects of mercury or other minerals, pain, weakness, or contraction of limbs, dyspeptic complaints, biliary and visceral obstructions," &c.

"These baths do not relax the body, diminish the strength, or exhaust the spirits, even in persons previously weakened by disease ; for, after remaining twenty or thirty minutes, they come out of the bath refreshed, and their spirits lighter and more cheerful."

Dr. Lucas says : "The Bath waters, from the nature of their contents, are found particularly beneficial in a relaxed state of the fibres, by bracing and strengthening the solids."

Sir George Gibbes, Dr. Spry, Dr. Barlow, and other distinguished physicians, bear testimony to the benefit dyspeptic patients derive from their use ; and Dr. Falconer observes, that "every medical practitioner at this place has seen instances of people labouring under want of appetite, pain, and spasm of the stomach and bowels, with all the symptoms of depraved digestion, joined to every degree of weakness, both of body and spirits, relieved by the use of the Bath waters. The recovery in such cases is particularly remarkable, taking place quickly after the commencement of the remedy. A few days will frequently work such a change as would be scarcely credible were it of less common occurrence."

"They warm and comfort the stomach, act as a gentle stimulant and bracer to the relaxed fibres, and

promote that natural appetite to which the dyspeptic patient has long been a stranger.

“ When, however, any of these complaints are accompanied with pain of the chest, cough, or spitting of blood, palpitation of the heart, too great a determination of blood to the head, acute inflammation, or general fever, abscess, suppuration of the joints, or ulcer of any kind, or if epileptic fits have occurred, the waters are injurious.” *

As may be gathered from the above, the waters of Bath are used both externally and internally, and for the latter a large and very handsome pump-room is provided, which, of course, is a lounge or promenade, with its afternoon band for six months of the year.

When first drawn the water is clear, but, like many other mineral waters, becomes clouded on standing, and, as it loses its slight temperature, the taste is saline and not disagreeable. It contains, principally, potassa, soda, lime, and magnesia, combined with sulphuric, hydrochloric, and carbonic acids ; likewise a proportion of iron, too small, however, to give it any pretensions to chalybeate properties.

The waters in question are too potent, in a mineral point of view, to be taken hap-hazard, and persons out of health should neither drink them nor bathe in them without being fully assured, by skilled medical advice, best taken on the spot, that they are likely to derive benefit from, and that they are in a fit state to commence the course of treatment, otherwise they may incur actual

* Quoted from Dr. Tunstall's “ Rambles about Bath.”

injury, or, at least, from want of some preparatory treatment, fail to derive the benefit they otherwise might. Of course, persons in health have no business drinking them at all, and in bathing should use them simply as an ordinary bath.

Perhaps the cautions are less needed now than they would have been years ago, as the Bath waters have fallen into comparative disuse, and but a small proportion of the visitors make them the object of their residence, looking rather to the agreeabilities of a fine and finely situated, but sheltered city, with a mild winter climate, and with all the conveniences that wealth or luxury can desire—moreover, with a reputation of not being too expensive. For aged people, more particularly, Bath has been considered an eligible residence.

Leaving Bath, we take leave of the great “Southern Health District of England,” lying south of our imaginary line from Thames to Severn Mouth, which has so long detained us within its bounds; and what a varied Health District has it been; how different the localities and means of health. The principal feature, however, of the district, as a whole, is climate. It may be said to monopolize, with few exceptions, the winter climates of Britain, where the delicate invalid may be sure to find, when other parts of the island are shivering under the rigour of winter, mild airs and soft breezes; mild and soft enough, at least, to permit of that out-door breathing which is the great element in sustaining health—the great means of regaining it when lost; moreover, in many of the places we have touched upon, not only is

there the great advantage of a comparatively warm winter, but also that of such a comparatively cool summer, that they are equally well fitted to become the resorts of that totally different class of health-seekers who crowd there during the latter season. Indeed, even different parts of the same place, such as Torquay, Bath, &c., are adapted, some for winter, others for summer, according to their positions as regards shelter, elevation, &c. So much even in these far-south and sea-land resorts depends on *local* shelter, generally, of hill and rock, but, as in Bournemouth, on well-placed evergreen plantations.

CHAPTER X.

WESTERN, OR WELSH HEALTH DISTRICT.

ITS LIMITS AND WANT OF RAILROADS — CHEPSTOW — NEWPORT, ABERGAVENNY, AND CARDIFF — DISTRICT OF COAL, IRON, AND COPPER — SWANSEA — TENBY; ST. CATHERINE'S ROCK; SEA-VIEWS AND LANDWARD INTERESTS; SEA ENCROACHMENTS — CAUTIONS AS TO SEA-SIDE QUARTERS — ABERYSTWITH, AND HOW TO REACH IT.

To dissever from the rest that Southern Division of our Health Districts to which we have just bid adieu, we commenced our imaginary line, eastward, at South-end, on the north bank of the Thames, just where the widening "River" merges into open sea, and we drew it due west, to where the mouth of the "Princeelie Severne" is just about to lose itself in the "Severn Sea" — the Bristol Channel. From this point, which is nearly coincident with King's Road and Avon mouth, again assuming the liberty of apportioning our Queen's dominions, we carry our second line of demarcation due north, till we find ourselves encountering another of the great water highways of Britain, and enter the Mersey, just at its first great widening. This second

imaginary line divides for us our Western, or, as we might call it, our Welsh Health District, from the Great Midland and Eastern portion of the island. With the latter we must deal presently, meanwhile, we have abundant scope for our touring and health-seeking in the land of green valleys, of stream and mountain, which lies to the westward. So, let us "Westward Ho!" commencing at our Southern border, for the very good reason that as Bath was our last visited locality, we must be close to that portion of our present district, or, at least, to the means of reaching it easily, whether by steamboat or rail. The latter is, however, considerably the most circuitous from our present position, seeing that we have to make Gloucester before we can get upon the South Wales Railway, which is to carry us in succession past Chepstow, Newport, Cardiff, Swansea, and finally to land us within easy distance of our South Wales Health Resort, *par excellence*, the picturesque town of Tenby. From Bristol, however, we have a shorter route, and steamers will convey us to any of these places, quickly, cheaply, and, probably, pleasantly. At all events, even the timid need not fear a short two hour's run to Chepstow, where the rail can take them up if they choose.

If we look at a railway map, one of the first things that must strike every one, is the utter absence of rail lines throughout that tract of country, which constitutes our Western, or Welsh Health District; the lines which bring us nearest to, or enter it, skirting the extreme eastern, northern, and southern borders, but leaving the great

mass of this division a perfect blank as regards the iron-road, and putting one in mind of the "unexplored land" in the maps of Africa. Now this absence of rail communication—a hindrance to travellers who are deficient in either time or money—gives a pleasant change to those who can afford the expense of coaching, or the time for walking ; moreover, those who remember the times e'er rails made England like a gridiron, will not regret to renew their acquaintance with the old mode of locomotion, and those whose memories go not so far back, may not be sorry to encounter the novelty, and to have some little experience of what their fathers used to think the perfection of travelling. Have you ever read *Pickwick*, and do you remember old Mr. Weller's contrast between the old well-appointed coach, with all its pleasant and familiar accompaniments, and the modern train? Some truth in it, though we should be sorry to be coaching it again, even with the best-appointed "High Flyer," or "Brilliant;" moreover, we will not answer for it that all Welsh coaches are well-appointed.

Of course, you know why this West District of ours is so wanting in the modern means of travel ; you know that it is, if not "*the* land," at least, a land of "mountain and of flood," which renders such things not only difficult and expensive to make, but comparatively unprofitable when made, and so this natural obstacle to the execution of these great works gives, at the same time, the picturesque beauty, whilst it preserves its quiet.

From east, north, south, however, rail travellers can

visit some of the most picturesque and finest scenery of the Principality ; let it not then be deemed selfish if the coach-traveller or the active pedestrian rejoices in what is left to them of their old domain, yet free from "excursion" crowds ;—rejoice that there are yet lonely vales and little nooks of beauty, nay, even a few trout-streams, little known to public fame ; and there let us leave them still, our work is with the more accessible and more frequented resorts, whither our health-seeking friends either do or may go. Sure it is that Wales, excepting, perhaps, the copper-smoked vicinity of Swansea, is one great Health Resort, nevertheless we must select, conscious at the same time of an *embarras de richesse*.

Our proposal was, before we digressed into a discussion upon Welsh prospects generally, to take boat at Bristol, and make

CHEPSTOW,

at the mouth of the Wye, our first point. Chepstow and the Wye are always associated names, and for the tourist the scenery of a river which boasts its "upper" and "lower tour" has many attractions. The town itself, with little more than 4,000 inhabitants, is picturesquely placed, and has two special objects of interest, the one, for the antiquary, its ruined castle, finely situated on a rock which overhangs the river ; the other, for the lover of modern improvement and progress, its tubular bridge, which carries the South Wales Railway across the stream at a height of 150 feet above it : more

strictly tubular, perhaps, than either the Menai or Conway bridges, but differing from them also considerably in detail. Five miles up the Wye from Chepstow, the ruins of Tintern Abbey tempt us to wander; and, though we might doubtless get much health and pleasure thereby, we cannot class them as a Health Resort. Tintern, Chepstow, the Wye and its attractions, 'Tubular-bridge and all, are soon far behind us as we speed on by the South Wales Railway to Newport,* a very rising port, about five miles from Usk mouth, but not a resting-place for our health-seeker. Here we meet another branch of rail, the Newport and Hereford line, having midway between its termini the bright little town of Abergavenny, which, with its near and lofty mountains, its vale, and its cheery rivers, the Usk and the Gavenny, might be made a haven of rest for a time by a summer health-seeker. Moreover, it is the first "aber" we have come to, but many another shall we meet with throughout the length and breadth of the principality, for *aber* means confluence, and Welsh rivers are always running together, and giving the prefix to abers of every termination. The great attraction in the vicinity of Abergavenny is Raglan Castle, one of those noble and extensive relics of feudalism, so many examples of which are found in the district, Glamorganshire alone being said to contain thirty ruins. The vale of Crickhowel, which runs in a north-westerly direction into Brecknockshire, is much visited. If Newport has no attractions for us, Cardiff, another rising port, twelve miles further on the same line, must also be passed by,

spite its castle of fame; and once more we take another long stretch, almost the entire length of Glamorganshire. Green hills, wooded steepes, and pleasant vales ever and anon cross our path, or seem to do, and, mayhap, ere-long, a glimpse of the conical beaver-hat perched on the top of a gay cap and ribbons, tells plainly that we are getting among a people apart in manner and custom from those of England. But this dense smoke does not look like what are pictures of Wales and Welsh air—very irritating smoke, too—pouring out of the tall chimneys and withering up the vegetation for a distance around. By the latter we may know that we are passing Swansea, and that this withering smoke, and these heaps of furnace slag are the results of the copper smelting which has made this place famous. Further still, skirting the shores of Caermarthen Bay, and having passed Caermarthen and left the county of the same name for Pembrokeshire, the Narberth station tells us that here we leave our train, which speeds on for Haverford and Milford Haven, whilst we select one of the competing coaches, and wend our way to our journey's promised termination—Tenby.

We cannot, however, without a few more words, dismiss the large and interesting district through which we have passed since we took rail at Chepstow, for not only does it contain many spots of beauty easily accessible to any health-seeker who will take trouble to stop at the various stations, and make his way into the heart of the country, but it comprises within its limits the great coal and iron district of South Wales. That some

important business has its head-quarters here is sufficiently indicated by the little network of railways which intersect the country, more like a corner of Lancashire than of Wales. There is a curious mingling of the beautiful, the picturesque, and the wild, with the smoke-begrimed workings of the iron, and copper, and tin smelters, which, however useful and wealth-creating they may be, certainly do not tend to improve the landscape. Glamorganshire, which is the first real Welsh county we enter, has much of this combination of the "*utile* with the *dulce*." Popularly known as the "Garden of South Wales," comprehending within its limits many lovely valleys, such as those of Glamorgan, Neath, Taff, &c., and with the valleys the bold and lofty mountains which encompass, and the streams which traverse them, it possesses also the largest share of the mineral wealth, and consequently the largest share of high, smoky chimneys and noisy, black-looking furnaces, which contrast so wonderfully with the bright and fresh scenes in the midst of which they have sprung up, and which, within the last century, have altered, and are still so completely altering, the character of the country. As a rapidly-risen site of the iron and coal works, Merthyr Tydvil, situated at the head of a valley which stretches towards Cardiff, is a striking instance, and Swansea, though older in repute, is not less recent in its rise, from an insignificant village, to be the great seat of the copper works of Great Britain, involving its neighbour, Neath, in its activities, and calling to it to aid not only its industry, but its outpourings of sulphureous smoke,

which, reaching far around and up the vale, banish the romance from many a nook and glen. Immediately around Swansea the effect is perfect desolation; in some directions not a trace of green is to be seen, and even where the effect of the smoke is less felt, the vegetation is stunted and miserable. It may well be imagined that such concomitants are sufficient to deter visitors and Health-seekers, and, spite of its fine situation on the shore of a beautiful, sanded bay, Swansea, though much improved as a town, is not a Health Resort.

From Swansea, the rail, before entering Caermarthen-shire, cuts across a neck of land, beyond which lies a sort of projecting peninsula, the "district of Gower," as great a contrast, perhaps, as could well be found, in its secluded and out-of-the-world character, to the busy and noisy industry of the district we have just left. Its novel aspects, its population of Flemish descent, its ruined castles (which are numerous), its Druidical remains, the bone caves, and the bold and romantic coast line from the Mumbles to the Worms Head and Rosilly Bay, offer many attractions to health-seekers, and especially to the pedestrians of all tastes and pursuits.

Time it is, however, that we were back to the Tenby coach, which we have had waiting for us whilst we have been taking our retrospect. A pleasant drive of thirteen miles carries us along a road shaded with trees, and odorous with honeysuckle; and

TENBY

lies before us on the west, or Pembrokeshire shore, of Caermarthen Bay, the waters glistening in the light of the setting sun ; for surely after our long travel, or after the long day's travel which most of our readers must take to reach this comparatively less visited little town, the sun must be setting. It may be, of course, that clouds, or mists, or rain, obscure the picture ; but we have nothing to do with these things, having bargained to select our own fair, sunshiny weather during all our health touring. The distance of Tenby from the centre of the kingdom, or from the best populated and most wealthy portions of it, or the great difficulty in reaching it compared with watering-places which are nearer and directly reached by rail, render it, as we have said, comparatively less visited. Many discuss the inconvenience of even thirteen miles' coach, and still more shrink from the ten hours' sea voyage from Bristol by steamer. However, *we* have reached it, and find it a place surpassed by few for beauty of situation, or for surrounding interest, with its castled cliff, and its ample bright sand. Moreover, Tenby is, as Mr. Gosse calls it, on Mr. Bowerbank's authority first, and now on his own, " the prince of places for a naturalist, and especially for a sea-side naturalist ;" and that gentleman's pleasant book on Tenby,* to which we are indebted for much information, will probably tempt many to overlook even

Gosse's Tenby.

a little difficulty of access—it will be done away with when the railway now in progress is opened—and follow our footsteps, or coach-wheels, or steam-paddles, which they like.

Let us avail ourselves of Mr. Gosse's description, and judge whether we should like Tenby for a summer Health Resort. After mentioning the Castle Hill, already alluded to, upon the left, its abrupt sides, rugged and broken, made up of rich tinted ferruginous stone, and draped with well-harmonizing green vegetation, he goes on:—"The very centre of the picture is filled by an object of great interest to all visitants of Tenby—St. Catherine's Island. It is an isolated rock, of considerable size, and of bold and picturesque outline, springing abruptly from the sand and gravel at the water's edge at low tide, so that while the further extremity is in somewhat deep water, the nearer end is left quite dry by the recess of ordinary tides, while low springs permit a ready access to a large portion of its cliffs on both sides. It is an immense block of compact limestone, sinuous in outline, forming deep receding caves and projecting headlands, and split everywhere into fissures which in many places have been enlarged into caverns. Towards the nearer or western end, either some convulsion of nature, or the wearing action of winds and seas, has entirely perforated the island in several places, so that we can pass quite through from one side to the other. A winding path of rude steps, cut in the rock, aided by natural projections and slopes, leads to the summit. Here and there is a short sweet turf, which

supports a few sheep ; half wild, sure-footed creatures, that run, turn and look, run again, and leap from crag to crag, almost with the agility of the Alpine chamois. It is one interesting peculiarity in this region of old historic fame, that almost every little knoll, or point, or island-rock, has its ruin. Castles, abbeys, and priories, in mouldering decay, remain everywhere in the Principality to attest the grandeur of the ancient races who inhabited the land chiliads ago, and whose descendants still possess their pristine inheritance. This little rock has its highest point crowned with the grey and lichened wall of an old chapel, one dedicated to the "Saint Catherine" of Popish celebrity, after whom the island itself was named. A fine commanding view is obtained from this spot, both inland and seaward. At the rear, the entire town of Tenby is seen ; the southern terraces and houses just in front, surmounting the rugged cliffs, with flights of steps leading down to the sands, and the ancient wall pierced by the arch of the south gate of the town, and running up Castle Hill. Over the gate we see the northern terraces crowning another range of cliffs, scarcely less lofty, and more beautiful, from the trees and bushes which clothe them to the water's edge. The old church, with a modern but very elegant spire, forms a picturesque finish to the town, rising from its centre, the loftiest part, and piercing the sky with its long-drawn point. All around the prospect is pleasing. Northward and eastward we trace the cliffs projecting in bluffs of stern grandeur, and receding gradually till they run cut into the spit of isolated rocks, known as Monk-

stone Point. Then follow, much more remote, the hills, chequered with fields, that make the ample sweep of Caermarthen Bay. More and more, as the coast bends to the east, it diminished and fades into the blue of distance. At length it seems to dwindle to a line, when the Burry estuary cleaves the land; yet, here clouds of dense smoke, white in the sunbeams, are conspicuous, and a telescope enables us to see the tall chimneys that indicate the smelting furnaces of Pembrey. After this rises the noble peninsula of Gower, rich in historic associations, and in romantic scenery; and no less interesting from the English character of its inhabitants, who, like the people of this county, have preserved their isolation from their Welsh neighbours for seven hundred years. Far beyond this, so faint and dim that it can be discerned only in a peculiarly humid condition of the atmosphere, is the coast of Devonshire, about Ilfracombe, and on towards Hartland Point. Lundy, almost as dim, appears as a little cloud on the southern horizon. Our view comes homeward again, and Caldy Island stretches away along the south line, followed by Margaret Island. The latter is shut in by the lofty promontory of Giltar Head, which joins the south cliffs of Tenby."

Now, we have been a long time looking at this goodly prospect which Mr. Gosse has described for us, so long, perhaps, that we have forgot his warning, and forgot, too, that we are upon an island which, though accessible at certain times, is yet surrounded by the tide at others, and that if we linger long we may, being prisoners till the tide falls again, have more time to admire the land-

scape, and waterscape, too, for that matter, than we bargained for. However, Mr. Gosse's description is a very pleasant one, and brings the conclusion that few sea-side places can excel this as summer quarters. The interests of Tenby are not confined to its sea-views, and shore, and guarding cliffs; for though the "prince of places for a naturalist," in the domain of marine zoology, the district around affords wide scope for the geological and botanical student, and the antiquarian may revel in his favourite pursuits.

Pembroke Castle is within easy distance of the elevated road, passing through a beautiful country, varied with hill and dale; giving on the left hand the prospect of a wide-spread expanse of sea, with the isles of Caldy and St. Margaret, and the changing headlands of Giltar and Proud Giltar, passing into the smiling cove of Lidstep, with its lofty perpendicular cliffs. On the right hand lies a stretch of green, chequered land, varied with pasture, wood, farm-house, and mansion. When reached, the grand old castle, moated by a branch of Milford Haven, with its massive keep and towered dungeon, will be found well worth the visit.

Not less worthy of a pilgrimage is the more inland castle of Carew, in former times, one of the most noted seats of feudal grandeur. In fact, all around, are traces of the ancient race, and ancient chieftains of Wales.

Antiquarian, after another fashion, but still more ancient than these ancient chiefs, to some, perhaps, more interesting, is the submerged forest which lies on the shore beneath Amruth Castle, on Caermarthen Bay.

Oak wood, elm, willow, and poplar, are all said to be found here; and it is also said that after storms, trunks and roots are occasionally laid bare, which have the mark of the axe still fresh upon them, proving that the encroachment of the sea has been effected since the country was inhabited by civilized man. In connexion with this subject of sea-encroachment, it may not be uninteresting to notice the fact of traditions and legends existing, of the sea having, at no very distant date, overwhelmed a large tract of country, which occupied a part of the western coast of Wales, but which is now the wide Bay of Cardigan. The inundation seems to have taken place about the fourth century, but its date is uncertain.

Before taking leave of Tenby, we must not forget, as one of the interests, the fishermen, belonging not only to this place, but to other places on the coast, who ply their trawl nets, and work their sloop-rigged little vessels. Nearly thirty of these trawlers make Tenby their head quarters during the fishing season; and, as every one knows who has seen a fishing fleet, even of smaller vessels, go out, a goodly show they make when starting on a fine Monday morning for their five days' work on the waters.

We have said much in favour of the Health Resorts of Southern Wales, and, indeed, of Health Resorts generally, but just here we would introduce a caution. People are too apt to imagine that in going to a Health Resort, or to sea-side quarters, they are necessarily going to a health-preserving locality; such, however, is by no means the case, and some recent observations in the

“Medical Annotations” of the *Lancet* bear so instructively upon this subject, that we quote them for the benefit of our readers, premising that these remarks are made at that summer height when the great object of all who can accomplish it, is to get “Out of Town:”—

“London is passing through the various stages which convert its temples of fashion into solitary caves—which leaves Hyde Park a desert, Bond Street a hermitage, and Pall Mall a Palmyra of useless palaces. The whole world is on the eve of flight in search of health, repose, fresh air, grouse, and salmon—to the streams of Norway, the passes of Switzerland, the rocks of Wales, the Scotch moors, and the English watering-places. We have a word to whisper in its ear. Beware, lest you find death where you seek health! You leave a healthy town for others exposed to diseases—endemic and epidemic. Few European watering-places are so salubrious as those of England; few English watering-places so healthy as London. The health of the United Kingdom is better than that of France, Germany, or Switzerland. English watering-places are not always very high in the sanitary scale. The mortality of many is above 20 in 1,000; Bangor stood at 24, Abcrystwith at 24, and Whitby at 26, during the last three months; Weymouth at 20, Clifton at 20, Cheltenham at 19, and Scarborough at 23.* Ever and anon they are attacked with epi-

* Chepstow, Narberth, Cardigan, are all specially noted as extremely healthy during the summer quarter of 1859, but so much depends upon local improvement and regulation, that whilst one place may be extremely healthy, its immediate neighbour may be as much the reverse.

demics—diarrhœa, scarlatina, and the like. This is due to defective sanitary arrangements. Let the ruling authorities of these summer resorts look to it. A black mark in the registrar's death book will deter many visitors. Their mortality should not range higher than 17 in 1,000."

Now, these observations are not brought forward to deter visitors from health-seeking at the places named, or at places not named, but, rather, whilst counselling a wise selection of "where are we to go?" to give a hint to those places which find their Health Reports defective, their death rates excessive, to look to these things; to overhaul their sewerage, and their sanitary arrangements generally; to look to their water supply; and, in short, to see to those things which affect the health of their inhabitants generally, whether temporary or permanent.

People are daily becoming more well informed upon, and more alive to those matters; and it will certainly tell in favour of particular sites, when it is known that their sanitation is attended to. It is not enough to have fine views, fine sea-air and sands, sheltering cliffs, breezy hills, and handsome houses, if stagnant pools, ill-regulated drains discharging into the adjacent stream upon the sea-shore, or polluted drinking water, are permitted to counteract the natural advantages of the place.

We regret to notice that the next scene to which our journey takes us, figures somewhat largely among the just-quoted places, for

ABERYSTWITH,

on the shores of Cardigan Bay, is a right bonny and well-sited place, and ought not to have so many deaths per 1,000 as it has.* We must visit it, nevertheless. But how to reach it? North, south, east, run the rails, but no where near to Aberystwith, which is so central on the west coast, and not even the steamboats will aid us. There is nothing for it but the coach, and the longer time; but that longer time gives the longer pleasure of a drive through a country we come to see, and keeps that country in some measure a refuge for the lovers of retirement, *versus* railway celerity, cheapness, and publicity—we fear we must add convenience—keeps, too, the trout streams somewhat less whipped over. Converging to Aberystwith we may find coaches in connexion with the rails from all quarters of its landward side. If our journey is a continuation of our South Wales and Tenby visit, we can start for Caermarthen, or we can be picked up at Ross or Hereford; or, reaching Kington by the branch rail, make that our point of departure. The Shrewsbury and Oswestry coaches will best suit travellers for the North, and for tourists in North Wales there is conveyance from Caernarvon.

There would not be so many coaches were not Aberystwith a favourite and well-visited place, but as coaches bring only their tens, where rails bring their hundreds

* The most healthy places in Britain have a death rate of 17 per 1,000 per annum only. Aberystwith has one of 24 per 1,000.

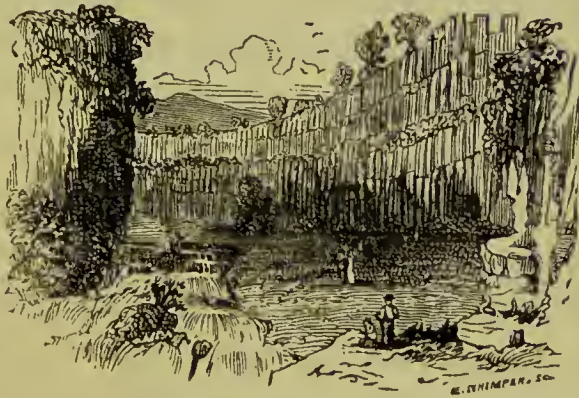
and thousands, it cannot, of course, be so crowded, or over-crowded, like many noted and rising places, as it would be, probably, were it more accessible.

Aberystwith, as its "aber" implies, standing at the confluence of two rivers, the Ystwith and the Rheidol, occupies almost the centre of the curve of the wide bay of Cardigan ; but, if tradition speaks true, where now it overlooks the rolling waters, it would, thirteen hundred years ago, have seen cornfields and homesteads : and, indeed, the evidence is sufficiently good, that not here only, but on the coast of North Wales, the sea has made great inroads upon the land : we have already noticed the same fact in connexion with Caermarthen Bay in the South.

Aberystwith dates its rise into notice from the commencement of the present century ; and, shortly after its becoming a place of resort, it was much frequented ; and, although since then many rivals have arisen in Wales, as elsewhere, it still holds its ground, and boasts of its numerous visitors. One of the great attractions is the number and variety of the pebbles which are to be found on the shores of the bay, and this is not only an
* attraction, but a real recommendation in favour of a Health Resort, affording that mild excitement and interest, as well as inducement to take exercise, which many seem to require, even at the sea-side. True, there are many more edifying pursuits than the mere looking for and collecting pebbles ; but then all are not inclined to become geologists, botanists, or sea naturalists, and then the pebble-hunting is a good antidote to that health

enervator, *ennui*, and a much better antidote than lounging novel-reading. The bathing is good, as it should be, with a fine beach, and a fine, open, very pure sea rolling in from the broad Atlantic ; and over that "great and wide sea," the sun of the summer evening sets in some of its most magnificent glories.

A place like Aberystwith, on the central seaboard of Wales, has, of course, its many fine scenes within reach, one well known favourite being the Devil's Bridge, which those mountain-climbers who visit Plinlimmon can take on their way, and see at the same time the falls of the Mynach and Rheidol. But these are tourist matters, which we leave to the Guide books ; and with the incidental notice of its chalybeate spring, say adieu to Aberystwith, and take our place on the coach for Carnarvon and North Wales.



CHEE TOR, ON THE RIVER WYE.

CHAPTER XI.

WESTERN HEALTH DISTRICT—*Continued.*

NORTH WALES—CHESTER—RHYL, AND THE CLWYD—ABERGELE—CONWAY—LLANDUDNO; ITS SITE AND SALUBRITY—GREAT ORME'S HEAD, AND CHURCH THEREON—VIEWS AND COPPER MINES—LITTLE ORME'S HEAD—ADVANTAGES OF LLANDUDNO—CONWAY—BANGOR—BEAUMARIS—THE STRAITS AND THE BRIDGES—VOYAGE TO LIVERPOOL.

NORTH WALES.

By going to Carnarvon, we get upon the western branches of the Chester and Holyhead line of rails; but, if we prefer it, or, as will most likely be the case, if we start from other parts, we must seek Chester by some one of the lines which converge towards the ancient city; and from thence we have the one well-travelled line which skirts the extreme coast border, and conveys its numerous passengers for Holyhead and Ireland, or, in the season, for the numerous favourite resorts, most of which have risen into importance within the last few years. Indeed, it is a question whether any watering-place in Britain has made a rise so rapidly as Llandudno, and, as we shall see when we go there, few deserve it better.

However, we have not left Chester yet, and if we have time, a few hours might be worse bestowed than in walking through its unique and famous "Rows," where the ordinary pavement is carried over the roofs of the first stories of the houses, and the principal shops occupy as it were the second flats. So peculiar an arrangement, said to have been in the first instance for defensive purposes, is a most remarkable feature to a stranger. These Chester people seem to have taken great care of their defences, and, though lowered, the ancient wall, said to have been built by Cymbeline nearly 2,000 years ago, still remains, and forms a favourite promenade. York is the only other city in England with the same peculiar public walk. No doubt the promenade on Chester old wall is a real Health Resort for the citizens, but it is not such as we look for, and we go. At first our rail route is by the flat uninteresting shore of the Dee estuary; and Flint, though a bathing place, does not tempt us; we pass Holywell, and stop not till we reach

RHYL,

of which it must be said, that however well known, and well frequented, it has, certainly, the last few years, been greatly eclipsed by its rising rival Llandudno, of the Great Orme's Head. There is at Rhyl abundant good accommodation, but the principal drawback is the immense extent of flat sand at low water. The river Clwyd, after traversing its own beautiful, wide, and fertile vale for twenty-five miles, enters the sea close to

Rhyl; and if there be a drawback in the flat, may we call it at times dull, shore, it is compensated for by the beauties and interests which surround the stream in its course, for independent of the scenery—and who has not heard of the Vale of Clwyd—we have again the old Welsh castles, Denbigh, Rhuddlan, Ruthin, and the cathedral of St. Asaph, all within easy reach of the visitor to Rhyl. Seven miles further on,

ABERGELE,

is another favourite, if not very famous resort, the town itself being about a mile from the sea, but with cottages for the accommodation of strangers close to its broad firm beach.

Not long does it take us to traverse the twelve miles which intervene before we catch sight of the round towers of old Conway castle, and just before we thunder through the tubular bridge into the station. We have here the curious combination, similar to that we met with at Chepstow, the ruined castle of the old feudal age looking closely down upon some of the greatest triumphs of modern skill, science, and perseverance; only, at Conway, in addition to the castle and tubular bridge, we have superadded the light suspension bridge of Mr. Telford. It is well we see these, great as they are, before we visit the Menai bridges, for afterwards they cannot help but look small. A few visitors stop and make summer quarters at Conway, and for the lovers of the picturesque it is well, but for the toil-worn

or the invalid it is not *the* place, and to find *the* place they must yet keep on for five more miles, not on the Holyhead line, but on the single line of rail, which leaves the main rail before it enters the Conway station through the tubular bridge. We do not mean thus abruptly to take our leave of Conway, but pushing on to our destination in the first instance, we can glance at it again.

It is only within the last twelve months that this branch line, which carries us to Llandudno, has been opened; before then, cars and omnibuses would have rattled you over a not specially good road, at the no small risk of accident; and, indeed, accidents were becoming too common to be agreeable. Even now, if you prefer seeing more of the district, and think a little shaking good for the health you come to seek, there are yet competing cars and omnibuses which the rail has not extinguished. The situation of

LLANDUDNO

is peculiar. Just glance at your map. You will see stretching out from the coast where Conway is marked, the promontory which terminates in the Great Orme's Head—a termination which is in fact an extensive mountain of limestone. On the land side of this mountain rock, and greatly sheltered by it, lies the rising, and, every summer, more favoured watering-place we have just entered. It is here the old story over again; not many years ago there were a few scattered cottages on the shores of Llandudno Bay, and now there is a town

with all the conveniences, gas, water, market hall, &c., of a town, and all the additions of terrace, marine parade, villa, &c. which mark the modern watering place. Many places, however, have risen into note and public favour as Health Resorts, which have less pretensions to either than Llandudno. In a former page we noticed the fact of the encroachments of the sea having robbed the West coast of Wales of many fertile fields, and we shall find the same occurrence recorded in connexion with these Northern shores. At Llandudno, however, the contrary has been the case, and at no very distant date, the flat upon which much of the town is built, is said to have been washed over by the sea at high tides—in fact, the Great Orme's Head was an island. Now, of course, if the sea washed over, there must have been sea on both sides, and so you will find it: on the east, the very beautiful half-moon sweep of Llandudno bay; on the west, the less beautiful and more shallow bay of Conway, which in part forms the estuary of the Conway river. Between these bays is built the town, but it is not confined to the level ground, for many houses, singly, and in terraced rows, stand well up on the hither side of the great rock itself. For summer residences, the houses on the flat, especially those facing Llandudno bay, are most agreeable; but for winter—and Llandudno has raised some claims as a winter resort—the houses under the cliffs are only admissible, being sheltered from the powerful cold winds which sweep the lower parts of the town from bay to bay. But for these winds, and the complete exposure to their force of the lower

and greater part of the place, Llandudno, situated as it were almost *in* the sea of the West Coast, has a comparatively mild climate, frosts being short and not severe, and snow seldom lying many hours. The character for general salubrity is high, and deservedly so, for it is stated "that in the interval between the 11th of June, 1853, and the 20th of January, 1854, there was not a single funeral," the average of deaths upon the whole population being under one-half per cent., and "during the time when the population was swelled at least 2,000—many of whom were invalids—there was not a single death during the whole season."* For those who can climb—and, indeed, for those who cannot, there are climbing donkeys in abundance—the Great Orme's Head is the head-quarters of Hygeia herself, so pure and invigorating are the breezes, and no small head-quarters either, for it is a good five or six miles in circumference, and the walks which cross it in various directions afford ample space for rambling and climbing, and not unfrequent use of the Alpine stocks, which are the all but unvarying companions of the ladies.

The path which is carried round the Head, proceeding from the extremity of Llandudno Bay, is an extremely beautiful one, almost overhanging in many places the clear green sea which laves the foot of the rocks, and in some parts almost too trying for nervous people. It has lately been improved, and is now a favourite walk. On Sunday it is thronged with parties going to service at the queer little church of St. Tudno, which is situated at

* Cathedral's Guide to Llandudno.

the further extremity of this mountain sea-rock. Capable of accommodating a small congregation only, it would do but little towards holding the crowd of visitors who came to its services on a fine Sabbath day, consequently open air services held in the church-yard became a necessity which none who ever witnessed them could wish otherwise, and a scene which few will forget. The lofty rock in its wildness rising boldly and almost perpendicularly out of the sea, which washes it 100 feet below the church; the wild expanse of waters over which the eye can glance at any moment, the ancient little fane, which, though recently restored, is ancient still; the small grass-grown yard, and old head stones which have got their weather-beaten faces from many a wild winter storm, and which got their unreadable Welsh inscriptions in years gone by; it mayhap, a venerable Welsh goat wandering among them: all combine to make a scene, the peculiarities of which are increased, and the beauties are not destroyed, by the modern congregation, in all the varieties of costume which crowded cities send forth to meet in so unusual a place of worship. And very cold must that heart be which would not feel it a place of worship indeed, more glorious than any temple made with hands; a place most fitting for praise. "To Him who alone doeth great wonders: for his mercy endureth for ever. To Him that by wisdom made the heavens: for his mercy endureth for ever. To him that stretched out the earth above the waters: for his mercy endureth for ever." A place most fitting to speak of His power and

might who “gathereth the waters of the sea together as a heap,” and who “layeth up the depth in storehouses.” Not far from the old church of St. Tudno, the telegraph station is a favourite resort, for, occupying the highest elevation of the Head, it commands a most extensive view. On one side the mountain ranges of Wales ending in Pen-maen-mawr, on the far side of Conway Bay; in the distance, in front, Beaumaris and the Menai Bridges; perchance the Isle of Man, and far off to the right the Cumberland hills.

The geologist will find much to interest on the Orme’s Head; fossil shells are abundant; and the copper mines—which are in full and profitable working, are guarantees for ores and spars of various kinds; meanwhile the antiquary has to visit the Druidical remains which are to be found on the higher parts of the mountain, or he may shake hands with the geological explorer in the stalactite cavern discovered about ten years since, in which tools of rude construction, mingled with refuse of ores, gave evidence of attempts at working by the earlier and uncivilised inhabitants of the country.

We must not forget, however, in our exploration of the Great Orme’s Head, that there is a “Little Orme’s Head,” which, if offering less extent of ramble, and fewer objects of interest, is yet worthy of our visit; to reach it, however, we must descend to the shore, and traverse the whole extent of the beautifully-curved bay of Llandudno. Much smaller than the Great Head, the Little Orme is yet a fine bold rock on the Llandudno and seaward side, sloping gradually down on the other,

to the sea-shore which trends off to the sands of Abergele and Rhyl. Sheep, dry stone walls, myriads of sea fowls, and the most bracing of sea breezes, with the fine sea view taking in the bay and the Great Orme, are what our visitors must chiefly look for here.

As a place of resort, Llandudno has many advantages. It is now, especially since the opening of the branch line from Conway, quickly reached from all places within easy communication of Chester; and it has, moreover, its daily steamers from Liverpool, which land passengers on their way to Beaumaris, Bangor, and the "Bridges." When we talk of landing passengers, however, we must remember that Llandudno as yet has no pier,* and that it is sometimes a difficult and slippery task to get to land at all from the small boats; the defect is one which ought to be rectified. A still greater, is want of sufficient accommodation for the crowds of visitors who flock to the place. Undoubtedly, Llandudno has made wonderful progress, and has a great extent of building, considering how lately it was almost a desolate sea-shore, but it must grow greatly yet. It is too well situated, and its start into life has been too well regulated, to admit of its falling back into obscurity. As regards climate, we have already remarked that Llandudno has some claims to be considered a winter resort, inasmuch as the houses sheltered by the mountain from the strong east and west winds which sweep across the flat, enjoy the mild west coast sea climate, but the space for sheltered out door winter exercise is extremely limited. In

* This want has, we understand, been lately supplied.

summer, the position of a large moiety of the town between the two bays keeps it well ventilated by cool breezes. The bathing is good, especially on the Llandudno Bay side, and there is not to be encountered as at Rhyl, the long stretch of sand bared at every low tide. With steamers calling daily, and with a railway communicating with the whole coast of North Wales, from Flint to Holyhead, the health seeker resident at Llandudno can have but little difficulty in finding places of interest to visit.

Enough, however, of Llandudno ; we have dwelt upon it longer than most other places, seeing that it is now taking the lead of all the Health Resorts on the West Coast, and promises e'er long, to stand in the same category as the older and better known watering places of southern England.

Leaving Llandudno, we might lead our health seeker a tour through all the beauties of North Wales, take him to the top of Snowdon, to see from thence England, Scotland, Ireland, Wales, Anglesey, and Man, or to its lake to look for the floating island and the one-eyed fishes, to the grand pass of Llanberis, or the picturesque Capel-carig, and much benefit would the invalid get by his ramble amid the hills, for

“ Ah, there is a sweetness in the mountain air,
And life that bloated ease can never hope to share;”

but then we are not writing a tour in Wales, and must content ourselves by going quietly to look at the two Resorts which, for long, were best known in connexion with the north of the Principality, Bangor and Beaumaris.

We might go to these from Llandudno by steamer, but we can better return that way, and so we take the branch line back to Conway, from whence, getting once more on the Holyhead line, we can equally well reach our destination. From any point of view Conway is a place to look at long and well, but certainly we saw it to more advantage when its walls and towers, its castle and bridges first met our sight as we came from the Chester, or rather the Denbigh side. It is not, however, a Health Resort, and its accommodation for visitors are limited; few, probably, remaining longer than suffices to give time for visiting the celebrated ruins, and the many objects of interest and of picturesque beauty in the neighbourhood. Leaving Conway by the rail, a couple of tunnels take us through the descending shoulders of the Pen-maen-mawr and Pen-maen-baeh mountains, we pass the little village of Aber, beautifully placed at the entrance to its straight deep glen, and still skirting the shore for a short way past Penrhyn Castle, rush on to the cathedral city of

BANGOR,

no new sprung-up place, but with all the respectability of ancient name and fame, for it possessed a bishop as early as the sixth century; though truly its primitive and plain cathedral, divided for Welsh and English worship, has but small pretensions to the glories of York, Lichfield, or Lincoln. The situation of Bangor, at the opening of the Menai Strait, with its surrounding of high slate rock,

give it at once shelter, cool breezes, and beauty, and make it a favorite resort for numerous visitors during the season. As regards the town itself, with exception of the cathedral, there is little to note, unless it be the presence of more wood and finer trees around it than we have lately met with. Although, as we have just remarked, Bangor is no place of recent fame, it is not many years since it assumed its present importance, the opening of the suspension bridge having given it an impulse towards prosperity, which it required only the railway to confirm.

Penrhyn Castle, a modern castle however, and the Penrhyn slate quarries, the most extensive in the kingdom, divide our attention with the Menai Bridges. Suffice it for our purpose here to mention the former, the latter, unless we cross by the Garth ferry, we must take on our way across the straits to Anglesey and Beaumaris. Of course, we do not cross over the ferry, but being strong and hearty after the mountain breezes of Wales, and especially after the sea-breathings of the Great Orme's Head, we take the pleasant two miles walk and excellent road from Bangor to the Suspension Bridge, the old "Menai Bridge" of Telford. We will not indulge in a description of this well-known but wonderful combination of iron strength and graceful beauty; to walk across it is well worth the journey alone; neither will we describe the equally wonderful, if less elegant, "Britannia Tubular Bridge" of Stephenson, which stretches across the straits a short distance beyond. Having walked across, take a boat under-

neath, if you wish thoroughly to realize the wonderful ingenuity, science, and enterprise which have combined to rear these structures—and yet, if history is correct, over this very strait to cross which involves such mighty and expensive works, when the Romans invaded Anglesey under Agricola, both cavalry and infantry crossed by fording and swimming, a feat totally out of the question at the present day, and one giving strong evidence that here, as elsewhere on the coast of Wales, the sea has greatly encroached upon the land. Indeed there is a tradition that the tract of sandy bay which extends from Beaumaris to the Great Orme, was cultivated land, which suffered from an inundation similar to that which overwhelmed the low flats now forming Cardigan Bay. The walk across the Menai Bridge has taken us from the main land of Britain to the Island of Anglesey, and here we retrace our steps. If the breath of the Great Orme's Head is still upholding you, and you do not fear a further walk of four or five miles, start for Beaumaris by the road down the straits, passing the seat of the Marquis of Anglesey; if you cannot walk, drive it if you will, or, better still, take the Liverpool steamer which comes to the Menai, and stops at the intermediate places. Bangor, Penrhyn Castle, and the beautiful scenery of the narrower portions of the straits are left behind, and now at the widening to the open sea, comes

BEAUMARIS,

the county town of Anglesey, and the seat of all that

the dignity of a county town involves. Nevertheless, Beaumaris is a long-known and well-frequented place of resort, and bathing station, better built and arranged than many other places of the sort; and, moreover, it is easily reached, either by rail to Bangor and thence across the ferry, or by steamer—the most general way—from Liverpool, and when reached, it has an excellent landing pier, a more than small recommendation to some parties. Of course, Beaumaris has its castle, but in ruins. Land if you will, but if not, farewell to Wales, and on by the steamer. At the extreme point of Anglesey, we pass Priestholme or Puffin Island, notorious mainly as the site of the wreck of the *Rothsay Castle* steamer in 1831—thence across the bay or sound direct for the Great Orme's Head, and, if the weather be fine, steaming close beneath its rocky steeps—with the old church above them; firing a gun of course to startle the sea fowl, which ought not to be startled after their long usage to the exploit. Quite round the Head, and we are in Llandudno Bay, and looking at our old quarters from the water, they bear the inspection well. A relay of passengers, and once more adieu to Wales, for three hours have not passed ere we are steaming up the Mersey direct for the Prince's pier at Liverpool, and direct too for a new division—the Northern Health District of England.

CHAPTER XII.

NORTHERN HEALTH DISTRICT.

BOUNDARIES — LIVERPOOL — NEW BRIGHTON ; ITS SANDS AND DONKEYS, LIVELY VIEWS, AND CLIMATE — WATERLOO — SOUTH-PORT ; ITS LONG STREET AND ITS FLATNESS, MILD CLIMATE, SALUBRITY, DRYNESS AND ABSENCE OF FOG, BATHING, SEABATHING INFIRMARY AND STRANGERS' CHARITY.

Our readers, probably, have not forgot that the imaginary line by which we separated the West Health District, was drawn from Severn Mouth to the widening of the Mersey just above Liverpool, and at nearly right angles with the first line, which, cutting off the Southern District stretches in like manner from Thames to Severn. Once more we take a line—from the embouchure of the Mersey to that of the Humber, the fourth of the great navigable rivers of England, and end our division at the port of Great Grimsby. By this third line we get the Great Midland and East Division, and the Northern Health Division fully defined.

THE NORTHERN HEALTH DISTRICT,

which, for the present, must engage us, differs from the other three in possessing two coast lines, an East, and a West, necessarily differing greatly from one another in climate.

Our last trip landed us in Liverpool, and as the greatest port in the kingdom has also the unenviable notoriety of being the unhealthiest city, we cannot let a health seeker linger there, but at once we put you on board one of the river steamers, and, without half an hour's delay, start you off for the opposite shore of the Mersey, and leaving Birkenhead and its new docks behind, passing Egremont, a sort of half watering place, land you on the wooden pier of

NEW BRIGHTON

not quite an old Brighton it is true, but yet a pleasant residence for a short period. The sands are especially good, broad, and firm, and nearly five miles in extent, affording good bathing, as well as famous riding ground for the younger portion of the visitors, who certainly traverse them most industriously upon the unnumbered, and apparently untiring, donkeys. New Brighton took its rise between thirty and forty years ago from the necessities of the Liverpool people for some place where fresh air and change of scene could be obtained with easy access from the merchant's counting-house, and by a bold

speculation the present flourishing and well frequented watering place was begun upon what seemed a heap of valueless sand hills. The buildings grew and grew in importance and number, but the sand hills, or their representatives, remain to this day, for even the most uncompromising supporters of New Brighton must admit that the superabundance of sand is its chief drawback, making some of its roads really difficult to traverse, and, when high winds prevail, covering everything as with a sand storm from the Great Sahara. However, this combination of wind with sand fortunately occurs chiefly in winter, when few if any visitors remain. Some of the wealthier men of business, however, in Liverpool, reside here all the year round, and their houses and gardens add much to the appearance of the place.

The houses of New Brighton occupy various elevations from close upon the shore level, to the top of the high banks, they cannot be called hills, behind, and nearly all have an excellent sea view, the higher buildings quite looking over those beneath. The entrance to the great river is always alive and interesting with the continual ingress and egress of shipping, from the tiny fishing smack, to the ocean steamer, which at no unfrequent intervals one sees gliding past, and at night perhaps, startling sleepers unaccustomed to such sounds by the signal gun which tells of its arrival. The amusement afforded by the sea view is one great recommendation of New Brighton, and is no light one for some invalids who can get but little abroad, but who, by securing rooms

looking in the proper direction, may sit at their open windows, and, while inhaling the sea breezes, derive at the same time as much, or more amusement than many who can wander about in duller places. The easy communication—half hourly by boat—with Liverpool is a considerable recommendation to some people, especially from inland places, who can thus vary, what is often felt as the monotony of a mere sea bathing place, with visits to the busy streets and wharfs of the great seaport.

As regards climate, New Brighton is a perfectly good summer one, and it stands sufficiently well out to sea to give it the full benefit of the bracing breezes, and of salt water but little diluted by the river. As a winter residence for invalids, it is of course out of the question, being far too much exposed to north and east winds. From our window at New Brighton, we have had ever before our eyes, on the opposite low shore of the Mersey, but yet far enough off to require the telescope to make them well out, a long line of white houses close upon the shore. We may, if we are adventurous people, have taken a boat across, but if not, when we return *en route* to Liverpool, a short run of five or six miles on the Liverpool and Southport rail, will bring us to a series of bathing stations—Bootle, Seaforth, Waterloo, Crosby—ranged along the flat, very flat shore of the river. For mere sea bathing, they do very well; but we do not stop till, at a distance of eighteen miles from Liverpool, we reach the terminus of the line—

SOUTHPORT :

the fact of its being a terminus, and, indeed, of more than one railway, offering evidence sufficient that it must have our attention, and giving it our attention, it is again the "old, old story," a few fishermen's huts fifty years ago, and now a flourishing watering place, its principal street, Lord Street, above a mile in length, with other streets running parallel to it, and a promenade, facing the sea, above half a mile in length, this walk being protected by a well-constructed sea wall.

We do not know whether we shall recommend Southport greatly to some of our readers, when we mention that its principal feature is the extreme flatness of both the place itself and of the immediately surrounding country. Indeed, so extreme is this characteristic, that it is said of Lord Street that it does not vary one foot in level from one end to the other. The sight of the Cumberland and Westmoreland mountains, which are distinctly visible, and the nearer, those around Lancaster, may to some be a relief, while to others, probably, they may prove an aggravation, from the contrast.

Our visitors, therefore, must look to the sea and the shore for their country, unless they delight in the sand-hills and scanty vegetation which surround the town, or hiring one of the all-prevailing pair-of-donkey conveyances, extend their excursions to inland places. Spite of some disadvantages, however, it seems well established that Southport may lay claim to a climate of more than

average mildness, though whether it can justly be called the Montpellier of the North, as it has been, is another question. Nevertheless, it has become the selected residence of many families for the year round. A gentleman, Dr. McNicholl, resident as a medical practitioner in Southport for the last fifteen years, has recently published a carefully-written little work upon "Southport and its Climate," from which, as from the best and most recent available source, we borrow the following information. Whether the complete absence of trees around the place is the advantage which Dr. McNicholl claims it to be, is probably very doubtful. Some sheltering timber could scarcely be so indicative or provocative of moisture, as to proclaim insalubrity from excess of humidity. A dry atmosphere is, undoubtedly, in many cases an advantage, but not so great an advantage that we would counsel other watering-places to copy the enforced bareness of Southport, and to cut down what timber they may have on the chance of procuring a dry air for their visitors. Dr. McNicholl claims for Southport high ground, when he says* :—

“Sharing as it does, with the most favoured summer resorts, those advantages derived from immediate proximity to the sea, it has certain well-marked and more immediately local advantages which few other places possess in an equal degree. Foremost among these we place its open sea aspect, yet well-sheltered position upon the coast. Situated near the bottom of a deep sandy bay, it has all the advantages enjoyed by other neigh-

* Hand Book for Southport, p. 24, and sequent.

bouring watering-places, without the exposure to bleak and piercing winds attaching to some towns on the north-west coast. It is bounded on the north and north-east by a chain or rather a crescent of hills, which shelter it in great part from the east and north-east winds, the prevalence of those being limited to the months of April and May."

"The character of the soil, and of the surrounding country adds greatly to the sanitary value of Southport. The soil consisting chiefly of sand, retains no moisture or rain on its surface, a heavy fall of rain leaving no trace after a short time. The fall, indeed, is slight in comparison with the surrounding country, a circumstance partly accounted for from the vicinity of the hills—these latter attracting the rain clouds e'er they reach the coast. The absence, in its immediate vicinity, of any considerable body of fresh water, is another climatic advantage, very few places having the same extent of country free from running or stagnant water. The facility for taking exercise thus afforded to invalids is of the utmost importance."

"The atmosphere of Southport is remarkably free from malarious influences, epidemics rarely occur, and when they do, they are seldom malignant unless imported from large towns. It exerts upon visitors a sedative and composing influence. In some temperaments, for the first few days, it induces diarrhoea, in others the opposite condition."

"It is proper to remark here, that notwithstanding the truth of the above statement as to the dryness of

the air, it is not so excessive as to be irritating to the skin or mucous surfaces. Such a condition would be nearly as injurious as the opposite extreme of excessive humidity. Even during the prevalence of the east and north-east winds, the irritative effect is not greater than is found in other localities, much less indeed than on the east coast of England, whilst the prevailing westerly winds come softened by the vast expanse of the ocean. It is not easy to account for the stopping short of the extreme of dryness, but I am at liberty to state that in the opinion of my friend Dr. Formby, whose knowledge of this part of the coast is beyond that of any other physician, it is some way connected with Martin Mere, Halsall Mere, and the other meres which chiefly lie to the east of Southport, and appear to temper and soften the atmosphere in their neighbourhood.

“The absence of fogs in a place situated on the sea coast is somewhat remarkable: and yet such is the case to a singular extent. So general is the opinion of the original inhabitants on this point, that in order to account for the appearance of fogs occasionally during the last few years, they resort to the amusing explanation that they are in some way connected with the arrival among them of so many families from Manchester and Liverpool—an explanation which however quaintly put, has this modicum of truth in it, that the increased number of houses has diminished the radiating surface of sand, upon which the general absence of fog no doubt in some measure depends.

“The only explanation I can suggest, is that the sea

fog is divided before it reaches this deeply indented coast, and is drawn up the channels of the Mersey and the Ribble, leaving the bay in which Southport is situated clear. The traveller to Liverpool will frequently enter a fog at Formby or Crosby, which accompanies him to town, leaving his home perfectly clear from anything of the kind. The character of the soil will account for the rarity of land fogs.

“In respect to its shore, the sea water is quite pure, the sands under foot are soft, yet firm, and entirely free from obstruction; the declivity is so gradual as to be almost imperceptible, a great desideratum to the weak and fearful, and especially in the case of children. The bay is so well sheltered by nature, that it is very rarely such weather occurs as to prevent bathing; in many places there are long interruptions to bathing from the turbulence of the sea, to the great disappointment, loss of time, and expense of those to whom such delays may be both annoying and injurious.

“The above natural advantages have been much increased by art. The village now rapidly acquiring the dimensions of a fair sized town, is planned with much taste, many of the buildings being of a superior class and possessing architectural beauty. The streets are long, wide, and well constructed; they are arranged at right angles, these facilitating ventilation, light, and cleanliness. The majority of them, by directly communicating with the shore, afford a free passage to the wholesome sea breeze. It is now under contemplation to extend the sewerage and adapt it to the increasing requirements of the place.”

In connexion with Southport, we cannot omit mention of two institutions which are highly honourable to the good feeling and public spirit of the place and neighbourhood. The one is the Sea Bathing Infirmary, or, as it is called, the "Strangers' Charity," which dates so far back as 1806, and which was established "with a view to enable the poor from the larger towns to receive the benefit of sea air and sea bathing, and a weekly payment towards their expenses." From these small beginnings the institution has continued to grow and prosper, until it has become the second of the kind in the kingdom, being exceeded in extent only by the Margate Royal Sea Bathing Infirmary. "Each patient is admitted for a period of three weeks, by virtue of a recommendation from his patron, and becomes entitled to lodging, medical attendance, medicines, and hot and cold sea baths, with an allowance of five shillings a-week for his food, for the preparation of which ample accommodation is afforded. In case of the building being full, and the patient having to lodge out, five shillings are allowed. Each recommendation costs twenty-four shillings, and may be renewed at the expiration of the term in favour of the same person, if the case will justify it, and the patron is willing." The Secretary is George Darnell, Esq., Southport. The second institution is the Marine Fund, established in 1817. "The object of this charity is to reward the inhabitants of this parish, who save, or attempt to save, lives and property in cases of shipwreck, and who give assistance to vessels in distress."

CHAPTER XIII.

NORTHERN HEALTH DISTRICT—*Continued.*

LYTHAM—BLACKPOOL AND FLEETWOOD—TO THE LAKE DISTRICT—
PIEL PIER—FURNESS ABBEY AND ULVERSTONE—WINDERMERE
TO GRASSMERE—TO CARLISLE.

CROSSING the river Ribble, on the south side of the widening estuary of which Southport is situated, we find a nearly straight portion of the coast of Lancashire which boldly faces the Irish sea, and gives us, within short distance of each other, the three watering places,

LYTHAM, BLACKPOOL, AND FLEETWOOD.

Of the first we need say little, it is simply an extended sea-side resort, like others of the class, with a flat sandy beach, and lies sheltered from the full force of the open sea, which Blackpool boldly meets face to face, getting the full benefit of very strong west winds. Blackpool is, essentially, a summer place, with a season from May to October, and during that time its long promenade is well frequented with visitors. Unlike places, however, we have recently been visiting, the recess of its tides is

comparatively short, and there is therefore the absence of the wide stretches of sand.

Being at Southport, our shortest way to Lytham, Blackpool, and Fleetwood, would be to take boat and cross the estuary; but all are not prepared for this, until, at least, the steam-boats and piers are established; meanwhile we can reach any of the three by the rail branches from Preston.

FLEETWOOD,

at the mouth of the Wyre is a place which scarcely seems to have fulfilled the expectations with which it was built and pushed up into notice, not only as a watering place, but as a steamboat harbour. The situation is low and flat, and wanting in the picturesque. There are many well appointed houses for the accommodation of strangers, and frequent excursion trains from the manufacturing towns and districts of Lancashire bring crowds of visitors, not always to the comfort of quiet residents. The beach is sufficiently good, though, in many places, pebbly, and the presence of the harbour and piers, from and to which steamers and various small vessels are frequently going and coming, give more animation to the place. It is not however a winter resort. Perhaps one of the most attractive characteristics of Fleetwood is the striking view of the lofty mountains of Cumberland and Westmoreland on the opposite shore of Morecambe, more striking from contrast with the flat Lancastrian shores we have been dwelling on, and all the more

tempting to visit, moreover, here is the daily steamer, which in an hour, will carry us across the water, and land us at their feet. It is a short passage, but not necessarily a smooth one, as the writer can attest, when a west wind drives the sea full roll into the bay. However, let that pass, we leave Fleetwood without any great regret, and soon we find ourselves landing on the long pier at Piel, and fairly *en route* for that great Health Resort, for Health Resort surely it is from one end to the other,

THE LAKE DISTRICT :

our readers may well imagine that in the compass of this little work we could scarcely write them a "Guide to the Lakes," or enter into minutiae respecting the capabilities of individual places. Suffice it that, as regards health, the Lake District generally, and many places comprised within it, specially, stands high in character for salubrity, when compared with other places, the proportion of persons dying annually being less by 5, 6, 7 or 8 per cent. than in many other districts. It is especially marked as regards consumption, that the proportion of deaths from this disease is considerably less than it is in southern divisions of the island.

However, here we are at the further extremity of Piel pier, and, whilst discussing the health statistics of Westmoreland and Cumberland, likely to lose the train which is to take us towards, if not among, their health giving lakes and mountains. We may stop at Furness Abbey

on our route, and both the magnificent ruins and their situation at the opening of a deep and beautiful wooded glen—the Old Monks had a good eye for situation, and why should they not?—well deserve a visit. But we do not stop, and, passing on, finish the last mile of our journey into Ulverstone in the omnibus. We might, of course, have got to this point by rail on the other side, from Preston and Lancaster, had we not come by Fleetwood. Were we writing a Guide, we should, now, probably, carry our health-seeker off towards Coniston Water, as the first to be visited of the many lovely scenes, which make quite an *embarras de richesse*; but we cannot afford time for such divergence, seeing that we are making but a hasty passage through, and taking the most direct route; just sufficient to give, one in search of health, a sniff of mountain breezes that will almost reanimate the dead, and will, certainly, give health and vigour to the ailing man, if he will but seek these essentials of happiness in the true way—just sufficient to show the unhappy gloomy-minded hypochondriac what a glorious region of scenic beauty is before him, and without him, contrasting with the dull cloudiness of his morbid feelings within. But let him take heart; a month or two, or even less, among the lakes and mountains, will do much to photograph the bright scenes of nature into the camera obscura of his mind. We have made another digression, but this time there was no train starting to the minute; but we had to wait for the coach which is to carry us forward to Newby Bridge and Windermere.

We have many changes in this little health tour, and

all good for health. First, the sea breeze, and mayhap a little sea tossing in crossing Morecambe Bay, then the rail, and now the old coach bowling over an excellent road, amid sweet scenery; and, lastly, the steamer again, but this time with no fear of tumbling salt waves, and uneasy qualms, for the little vessel glides easily on her way, and we have twelve or fourteen miles before us of such voyaging as none can forget. The lake of Windermere—who is not familiar with its name—averaging two miles in width, winds amid gentle eminences, and wooded knolls, alternating with patches of cultivation, with every here and there the villa showing up amid the woods. On the west and north, the higher and bolder hills, adding to the beauty of the landscape. Of course, paper travellers like ourselves have a fine day, just such an one as we want; gentle breezes which carry the light fleecy clouds—and now and then a darker and heavier one—across the blue above, casting their shadows as they pass on the water, hill, and wood, which they make more beautiful than ever; mayhap some rain-cloud amid the closing-in hills before us gives us its bow of glory. Almost sorry are we, when a little more than half way up the lake, our boat stops at Bowness, pretty little town though it is, for though, properly, we ought to stop here for our direct route, we must just go on to the end of the voyage, and a little further, and take a look at Grassmere and its church, for great names—Wordsworth, Coleridge, Southey, Wilson—are bound up in our memories with these sites, did not their own attractions make sufficient excuse for

our visit. These beautiful scenes had no more ardent frequenter than the late Professor Wilson, and we cannot but quote his description of the view from the eastern head of Windermere. "There is not such another splendid prospect in all England. The lake has much of the character of a river without losing its own. The islands are seen almost lying together in a cluster, below which is all loveliness and beauty—above all majesty and grandeur. Bold and gentle promontories break all the banks into frequent bays, seldom without a cottage or cottages embowered in trees; and while the whole landscape is of a sylvan kind, parts of it are so laden with woods, that you see only here and there a wreath of smoke, but no houses, and you could almost believe you are gazing on the primeval forests."

At the head of Windermere, we have to land at the village town of Ambleside; a mile and a half brings us to Rydal Park, with its magnificent old timber, and to Rydal Mount, ever to be associated with Wordsworth's name, and we pass on to the little Grassmere lake, partly surrounded by rugged hills, but with far higher and more rugged hills in the distance, Helvellyn, Skiddaw, Saddleback, surrounded by "Pikes" of all elevations and shapes, looking very near together, but yet miles apart. It is a tempting prospect, and one which may well lure on the active health-seeker, but us it must not tempt, even though we can see—mentally—Keswick, the best of head-quarters, lying at the foot of Skiddaw, and on the shores of Derwent Water, in which the mountains are reflected as in a mirror this fine summer day. We, if not you, must gaze as Moses did at the promised land,

but not go. The coach carries us by a pretty, if somewhat hilly, road, which skirts the lake, to the Windermere station. Once more it is the puff of the steam, and the scream of the whistle, and in less than half an hour we are at the Kendal junction of the Lancaster and Carlisle rail, and thence northward; not, however, till we have gone over twenty miles of our way towards Carlisle, do we begin to lose, and then not entirely, the character of the Lake scenery, for frequent glimpses of the mountains, and of far extending valleys, meet our sight as we speed along, whilst ever and anon we cross some deep glen, wooded or bare, with its tumbling, foaming stream making pleasant music, could we but hear it. For the dwellers inland, many are the coast places of summer resort; for the regular sea-side resident, there are few pleasanter and more beneficial changes than the regions of light, breezy, bracing mountain air.

We are taking you onward to Bonny Carlisle, but not to stop there, nor yet to carry you across the Border—that will come by-and-by, but rather to convey you across this narrow northern extremity of England to Newcastle, whence we may easily get you to that most deservedly fashionable of northern Health Resorts, the gay and rising or rather risen town of Scarborough. Let us, however, crave a short detention, seeing that on our way thither from Newcastle we must pass two watering-places of lesser note on the banks of the river Tees. We stop at Darlington, on the York and Newcastle line of rail. Three miles to the east of the Quaker town lies Dinsdale, on the Darlington and Stockton line, three miles to the south on the main line lies Croft.

CHAPTER XIV.

NORTHERN HEALTH DISTRICT—*Continued.*

DINSDALE AND CROFT, AND THEIR SULPHURETTED SPRINGS—
SCARBOROUGH; POSITION AND CLIMATE, MINERAL SPRINGS AND
BATHING—FILEY—HARROGATE; EARLY HISTORY; REPORT “HAR-
ROGATE AND ITS RESOURCES;” NEIGHBOURHOOD—ASKERN.

DINSDALE

is the site of cold sulphureous springs, discovered comparatively lately, resembling greatly, in their effects and applicability to disease, those of Harrogate, which we shall shortly notice. The spa is said to be pleasantly situated on the banks of the Tees, and to have a “magnificent” hotel for the accommodation of visitors. At the village of Middleton, the rail station for Dinsdale, abundant inn and lodging accommodation is procurable.

CROFT

has also its sulphuretted springs. One, the Old Well, containing, comparatively, a small proportion of the strong smelling gas, but sufficient carbonic acid to make

it sparkling and pleasant, and also a good combination of salines. The New Well at Croft, procured by boring, is very strongly sulphuretted, and has an admixture of saline ingredients which render it both aperient and alterative. The remarks and cautions upon the Harrogate springs apply here likewise.

SCARBOROUGH,

has long and deservedly held a high rank in the public estimation as a place of summer resort, offering, as it does, in addition to its proximity to a fine sea, many other advantages. Being on the coast of Yorkshire, the bay, in the recess of which it stands, is filled by the waters of the German Ocean. The position of Scarborough on the East Coast, exposes it, of course, specially to the east wind and all its disagreeable, and, to one class of invalids, hurtful accompaniments; consequently it is not a locality to be visited either with much pleasure or benefit in the earlier months of the year, when east winds most prevail; in other words, a visit to Scarborough is best delayed till after June has passed its middle, but after that time, till the end of autumn, it is a pleasant place for the strong, and a health-restoring one to many classes of the weakly. It must not be supposed, however, that Scarborough is exposed to the full force of the eastern blast—from this it is protected by the noble rock, on which still stands its dilapidated old castle. This rock, which rises nearly three hundred feet above the sea, has on its summit a level esplanade

of considerable extent, from which the visitor may behold one of those beautiful prospects of sea and land that are well worth a journey in themselves, and which for years after linger in the memory—

“ ‘A joy for ever.’ ”

“In addition, however, to its sea views, Scarborough has many beauties in its vicinity inland, calculated to tempt the visitor to leave awhile the breezy sea-shore, and to extend the walk or ride in the opposite direction. A place commanding the advantages, both by sea and land, which Scarborough has to offer, might by virtue of these alone, claim for itself a place amongst our most pleasant of summer Resorts ; but it has other recommendations still to the notice of the invalid, for it possesses two valuable and reputed spas, or mineral springs. These springs are both chalybeate, that is, contain iron in solution in their water ; but they also contain other salts, such as common salt, sulphate of magnesia or epsom salts, sulphate of lime, &c. The well which contains the largest proportion of these salts, in addition to its iron, is called the ‘Salt’ or South Well. Its waters are considerably more aperient than those of the ‘North,’ or ‘Chalybeate Spring,’ which is less largely impregnated with saline ingredients. As might be expected, the waters of these springs are not both adapted to the same class of invalids. Both are tonic or strengthening, and useful in many cases of debility of the system generally, and of the stomach ; but as our readers may imagine, where there is any tendency to constipation, the waters of the South or Salt Spring are to be preferred, as pos-

sessing a more aperient quality than those of the North Spring. For cases of serofula, in nervous diseases, in different eruptive complaints, &c., the waters of Scarborough have been found useful. And here we would repeat to our readers the caution, never to have recourse to any mineral waters for regular medicinal use, without proper medical sanction. But although Scarborough, in common with other places situated upon the East Coast of our island, is exposed to the east wind, and is cold in spring, its general average temperature is by no means a low one, and during the winter months the intensity and continuance of cold is not nearly so great as it is in the inland localities much farther south. This comparatively warm winter climate is common to all sea-coast places, in consequence of their receiving from the sea the warmth brought by its currents from southern latitudes. Scarborough, consequently, may not be at all a bad winter climate for many persons, whatever it may during the spring months.

The bathing facilities of Scarborough are great, and the water, clear and of ocean strength, cannot fail to afford the best of the advantages for which sea-bathing is sought. Moreover, for those who cannot bear, and many cannot, even the summer temperature of the open sea, and the exposure necessary when bathing in it, Scarborough has many private bathing establishments, where the private bath of sea-water, of any suitable temperature, can be enjoyed at all times. Of course, a place so much resorted to as Scarborough, is provided with every species of accommodation for visitors, from the

very humble lodging, to the splendid but expensive hotel. The markets are well supplied, especially with fish. Cod, haddock, turbot, skate, halibut, whiting, mackerel, herrings, soles, crabs, lobsters, shrimps, and others, are all met with in perfection, the first especially, from the deep-sea fishings. To those who go to remain any length of time in Scarborough, it must be matter of consideration to find, that whatever the religious denomination they give their adherence to, they will most probably find it represented by its place of worship in the town. The parish church which stands on a considerable elevation, is of very ancient date, and deserves a visit from all, not only for its own sake, but for the fine prospect to be obtained from it. It is unnecessary to enumerate all the objects of interest in and around Scarborough; but our notice of this place would be incomplete without some allusion to Filey, a picturesquely situated little town, lying between seven and eight miles to the south of Scarborough, and connected with it by railway; Filey is rapidly rising into favour as a place of resort; placed upon the cliffs, the sands adjoining are very extensive, and the view, including the well-known and grand promontory of Flamborough Head, is extremely fine. By the rail from Scarborough, of course Filey is easily reached, but in fine weather it is a pleasant boating distance. To other places on the coast, such as Whitby, there are steam-boat excursions for those who prefer them; indeed, both in this way and in others, the visitor to this favorite, and withal somewhat gay, watering-place, will find no lack of means of amusement provided

for him, if he cannot find enough in the many natural objects of never-ceasing interest, with which the whole neighbourhood abounds. We need scarcely add, that the railway communication with Scarborough is both direct and easy, and from York the visitor will find no difficulty in quickly reaching the place.

HARROGATE.

Saying farewell to the sea for a while, we take our way right into the heart of Yorkshire, that largest of English Counties, to that most prolific of English spas, the much frequented Harrogate—a town shall we call it or a compromise between town and country?—albeit there are two towns, High and Low Harrogate, distant from one another a short half mile, but connected by houses. Harrogate springs were discovered in 1571, and soon became noted for their cures, but, for long, great was the difficulty of access, and much required to be done before the original wood-covered and wild district was sufficiently cleared and road-traversed to make it either safe or easy for visitors, to say nothing of convenient or good accommodation. Many, indeed, lived at the neighbouring town of Knaresborough, and drove backwards and forwards to the springs, or as they were known in their earlier days, to the “English Spaw” the term “Spaw” being applied to mineral springs generally, but more particularly to a French gaseous saline chalybeate. But, though possessing various chalybeates, it is not for these that Harrogate has become celebrated, so

much as for its sulphureous springs, and we have no doubt that in the minds of most persons, Harrogate Water and sulphuretted hydrogen, or rotten egg odour, are associated together.

If proof of the long acknowledged value of the Harrogate Waters had been previously wanting, it has been fully supplied by the elaborate "Report" entitled "Harrogate and its Resources," published in 1854. This Report appears to have been most intelligently and judiciously resolved upon at a public meeting of the inhabitants, when "Seven Gentlemen were elected to form a Committee for carrying out the object of it. Four of these were lay-members, and three medical men." Professor Hofmann being requested to undertake the chemical investigation. It would but little enlighten the general reader to enter into a consideration of that gentleman's analyses, suffice it, that of the mineral springs which abound in the neighbourhood of Harrogate, the following ten were selected for examination, as representing the principal varieties occurring in that locality.

A.—SULPHUR WATERS.

- 1 Old Sulphur Well.
- 2 Montpellier Strong Sulphur Well.
- 3 Montpellier Mild Sulphur Well.
- 4 Hospital Strong Sulphur Spring.
- 5 Hospital Mild Sulphur Spring.
- 6 Starbeck Sulphur Spa.

B.—CHALYBEATE WATERS.

- 1 Montpellier Saline Chalybeate.
- 2 Cheltenham Saline Chalybeate.
- 3 Tewitt's Well.
- 4 St. John's Well.

To quote from the Report, “the results of Professor Hofmann’s elaborate and careful investigation prove these mineral waters at the head of all British spas ; and in respect to their number and variety, and the smallness of the circuit which comprises them, there is scarcely a spot in Europe which can worthily rival them. A distance of many miles separates places on the Continent where the various springs analogous to our own are to be found ; and only at considerable expenditure of money, time, and trouble, are they accessible ; whereas here, within a circle of a mile and a half, through an extension of that remarkable geological phenomenon, known as the Craven Fault, are to be found not far short of a hundred various springs, one-fourth of which are made available for medicinal purposes.

The natural features of Harrogate itself are those of a sheltered basin, in which the principal springs issue from the earth, and an elevated plain immediately adjoining, where the pure chalybeates are found. The plain is an open table-land, or ‘common’ of grass-land, of considerable extent (the ‘common’ alone consists of 200 acres, by ‘the Forest Award’), situated mid-way between the two sea-coasts, and at a mean elevation of about 400 feet above the sea-level. The generally prevailing winds are westerly. In point of climate, the extremes of the thermometric range are less than those of London ; and on almost the hottest days a breeze may be found on the open ‘common’. Rains seldom leave the paths wet for many hours, as, in addition to their being well gravelled periodically, the natural substratum is for the

most part a porous sandstone, which speedily absorbs superfluous moisture. Further; although we have occasionally heavy rains, the average amount of precipitation is less than that of the neighbourhood.

“The advantages which such a locality present to the valetudinarian must be evident. He breathes an atmosphere of remarkable dryness, great purity, and of such a rarity, that some persons even suffer from the want of a denser air. The neighbourhood possesses many interesting objects of history and art, many natural scenes of great beauty are within easy riding, and even walking distances; and great facility is afforded by three railways for more distant excursions.

“The waters themselves are of course the chief attractions; and their value as remedial agents forms the chief subject of this Report. It is not easy, however, for residents to dilate on these without raising a suspicion of partiality. While such a consideration is not allowed wholly to deter the Reporters from the Essay, it is deemed good ground for withholding much attempt at panegyric. As a *prima facie* argument in their favour, notwithstanding occasional mischief which ensues from a daring and reckless abuse of such powerful agents, appeals may be made to such facts, as the constancy with which old habitués resort to them, and the annually increasing numbers of those who are induced to follow their example. To the experience of the former class of persons, Professor Hofmann’s analysis adds the important confirmation which scientific comparison affords, that the springs of Harrogate, to which many have been

so long accustomed to resort with confidence, still remain as they have done for ages, unchanged in their mineral constitution. Much stress may fairly be laid on this fact, inasmuch, by special request, the severest scrutiny, not only of a scientific, but also of an economical nature, was made by the Professor into the ways and means adopted for their conservation, and for supplying them conveniently and honestly to the public. The medical classification of the waters may be conformed to the chemical of Professor Hofmann. And it is to be understood that the results given in the Analytic Report are but types of a large class of springs, whose ingredients vary in their proportions. It becomes easy, therefore, from this variety, to suit the wants and peculiarities of numerous maladies, and in their many stages, as well as those of constitution, temperament, &c.

“Class I.—Comprises ‘the strong sulphur-waters,’ of which are commonly resorted to; ‘the old well,’ which is the strongest of all the sulphur-waters of the place; and ‘the Montpellier strong sulphur well,’ so called in contradistinction to its ‘mild water.’

“Class II.—Comprises ‘the mild sulphur waters,’ of which there are seventeen springs made available for the public, thirteen of which are within half a mile of ‘the old well,’ the others being at a distance—one at Starbeck, sometimes called the Knaresborough spa, and three in the grounds at Harlow Car.

“Class III.—Consists of ‘the saline chalybeates,’ of which there are two springs; one in the Montpellier pump room, and another in the so-called

Cheltenham pump room, known formerly as ‘Addy’s saline.’

“Class IV.—Consists of ‘the pure chalybeates,’ two of which are on ‘the common’ in Higher Harrogate, another at Starbeck, and a fourth at Harlow Car.

“The medicinal properties of these waters internally administered may be stated thus :

“Class I. is stimulant, aperient, diuretic, sedative, and specific.

“Class II. is diuretic, alterative, resolvent, diaphoretic, sedative, and specific.

“Class III. is stimulant, tonic-aperient, diuretic, and deobstruent.

“Class IV. is excitant, tonic, and diuretic.

“For external administration, classes I. and II. are used as baths and lotions : classes III. and IV. as lotions, collyria,* &c.”

These effects, however, it is concluded, “are modified to some extent by the rarer salts which are found in these waters. But this modification of the ordinary action of saline waters, and the prolongation of their effects, are precisely those facts which stamp on those waters their peculiar and specific character.” The rarer salts here alluded to are chloride of calcium, bromides, iodides, a peculiar iron salt, &c. As remarked, “the uninitiated may imagine that such a combination of valuable agents effected by Nature herself in her own secret laboratory, prefers strong claims on the hope and

* “Harrogate and its Resources”—Medical Remarks by the Committee, p. 48.

the faith of the invalid and his adviser. Nature is not wont to bring such things together, unless she really intends some benefit by them.

“The different effects above enumerated are to be obtained, of course, by differences in the mode of administration.

“If a mere aperient action be required, the common practice is adopted of taking, before breakfast, two or three tumblers, of from four to twelve, or even sixteen ounces each, at intervals of fifteen or twenty minutes or more. Moderate lounging exercise should be continued for about half an hour after the last draught, but by no means brisk walking. Breakfast need not be delayed until the operation of the waters has occurred; that they have passed off, into the digestive canal, is all that is requisite.

“The influence of the waters, however, does not wholly cease when the aperient action has been effected, because some of their ingredients have been arrested in transit by the organs of the body; yet, for the most part, that operation having been secured, all else is little thought of. This is a great error. Besides, were merely the purgative operation required, a less disagreeable agent might be employed at home. No doubt, then, forasmuch as mineral waters are very commonly resorted to for such purposes, and often at no little trouble and inconvenience, such a fact argues the existence of a power in them, and the experience of a virtue resulting from the use of them, to which artificial medicines cannot lay claim. Nor is this result to be referred only to the

auxiliary influences of change of air, scene, circumstances, &c., which, we yet admit, must contribute somewhat to the ultimate effect.

“For profounder and more permanent objects, in certain classes of cases, the method adopted is that of giving smaller draughts of the water at wider intervals, and throughout the day. By this means they are retained: time and opportunity are afforded for absorption; the system becomes more or less charged with their ingredients; and thus their alterative effect and specific action are produced. The great object here to be kept in view, and which it is sometimes difficult to accomplish, is to bring the affected organs under the influence of the waters without unduly disturbing the general balance of the system. In these cases, baths of various kinds become very useful; the skin, probably, also conveying the salts largely to the system. The soothing and equalising influence, too, of the mere warm bath alone promotes this operation of absorption. It is, however, in the adoption of this combined plan that so much discrimination is required, as well as watchfulness for the effects during its progress.

“Having thus specified in general terms the main properties of these waters, their very compound nature being now so fully established by the present analysis, we might here conclude our remarks. For to particularise any form of administration as the best for any given disease, when age, constitution, and habits, and idiosyncrasies, are so various, is simply impossible. Nevertheless, we think it well to offer a few remarks

respecting those cases which, in an especial manner, as experience has proved, are more evidently, as well as directly, under the control of these waters. These are the various forms of skin complaints. From time immemorial these have been regarded as eminently and peculiarly amenable to the influence of sulphur waters. But admitting that their fame is well deserved in this particular, much more is claimed than is commonly conceded. Ought this celebrity to have the effect of a disparaging limitation of their virtues? If ailments which many medical men avow to be very difficult of management, and even intractable, do very generally yield more or less to these waters, surely such a fact suggests the probability that their powers embrace a sphere which is not to be limited to the actual disease of the skin. For, in fact, are not skin complaints (such as usually are sent to Harrogate) but mere outward expressions of internal derangement? or, perhaps—still more strongly and correctly stated—complications expressive of, or concomitant with, or sequential to, simpler, but more serious primary maladies? For, though it be the fashion, with some to say that in a chronic stage the local disease is the main part of the malady, it certainly was not so at first; and even generally, some internal and the external disorder will be found alternately predominating. Nor, in a great majority of cases, will amelioration of the external malady take place, excepting *pari-passu* with internal improvement. At least, it may be said that the amelioration, whether great or small, will be permanent or transient, exactly in proportion as the internal has

kept pace with, and co-operated towards the external improvement. The aspersion of the characters of the waters by the statement that "they are good only for skin diseases," argues no small amount of inattention to what diseased skin really implies. Unquestionably, these waters do cure many skin complaints, they ameliorate most, exasperate none, if judiciously employed; but they exert their influence on the ordinary routine of the economy, and by effecting modifications in the functions of the system generally, and not of the skin only. Being so, then, these modifications of the interior may be as confidently predicated in the absence of these diseases of the skin, as in their presence; only the evidence of such operation is not so palpable, or plain. But, with respect even to these very diseases, it should be remembered that, for the most part, chronic cases, and these sometimes of very long standing, are those which are sent to Harrogate almost as a *dernier resort*. Not only have they not yielded to previous treatment, but they have after become more obstinate than they otherwise would have been. Such cases, as may be expected, will generally prove tedious, and sometimes disappointment is the result of a visit; less, however, from deficient virtue in the means employed, than from various causes of inconvenience, want of opportunity, time, means, &c. For when, as in our hospital cases, patients present themselves at an earlier stage of the disease, or even at a later where natural, though morbid, processes have been but little interfered with, the amount of good derived in many severe and obstinate cases would even surprise

most persons who are conversant with cutaneous diseases.

“For the satisfaction of patients, it may be mentioned likewise, that there are many cases of skin diseases, in which frequently the shortest method of curing them is to fall in, *pro tempore*, with the new habitudes of the system, thus assisting the constitution, and so exhausting, as it were, the seeds of the mischief. In adopting this plan, however, experience and vigilance are very important. During such process, there is a point which may be seized with advantage; yet it is most difficult confidently to describe the characteristics of this point, so as to render others independent of our experience. The numerous cases of what are termed chronic disease which are sent to Harrogate strikingly illustrates this fact; for they are often nothing less than a constantly recurring succession of feebly acute invasions of the same disease, the more difficult of management by how much the habits and powers of the part have been enfeebled and become habituated to deterioration. From such a state of things as we have just named, in respect of cutaneous disease more particularly, in fact, from this irritable and morbidly susceptible form of local diseases, the transition is most easy to the corresponding condition of general diseases; and among these, to that constitutional disease, scrofula.

“This term comprises a very large class of complaints, in the various stages of which the resources of Harrogate furnish valuable remedies. Our sulphureous waters have especially the supreme value of being naturally—medicated saline waters; from which, being both mild

and strong, and that too in great variety, we are enabled to make selections for administration according to the requirements of each individual case. And, besides these, we have the various richly impregnated chalybeates, possessing many of the peculiarities of the former, and otherwise more appropriate to feeble constitutions. It is true, these latter have not nearly so much of the free carbonic acid gas, so inviting, so agreeable, so exciting, and yet so evanescent, of which the waters of Kissingen, and other places on the continent can boast; but, in more important ingredients (to say no more of their proximity to our other mineral waters), they are even superior to the waters of the great majority of those places. An inspection of the Analytical Table shows, moreover, that these stronger waters are not very much less impregnated with saline ingredients than sea-water itself; whereas, much of the advantage of salt-water bathing is afforded by them. Indeed, as Professor Phillips has suggested, it may be well believed that sea-water, deeply traversing the earth, is itself the menstruum for all the additional minerals which are derived from our own more immediate strata. Add, then, to these results, the fact that all our waters are so variously impregnated in kind and degree, and the following affirmation must seem more than probable:—That it is as wrong to deem them only useful in skin diseases, as that their aperient properties are their greatest value. These are, in fact, not only the most ordinary, and therefore the least peculiar of their virtues, but they are also quite secondary in importance, as we have pointed out

to their alterative, corrective, tonic, and specific operations.

“As to the former error, enough has been said to show the great extent to which these waters can be made available in the treatment of chronic diseases in general, as well as in skin diseases. And, probably there are few such cases, if unconnected with organic internal disease, which may not be either relieved or cured.

“In general terms we may specify two or three great and important classes of diseases to which they are especially applicable.

“One of these is dyspepsia, in almost all its numerous and varied phases, and whether arising from derangement of the functions of the stomach, the duodenum, the liver, or the bowels.

“Next to this, may be named as peculiarly appropriate for treatment by some of the waters, those diseases of the blood arising from primary or secondary mal-assimilation, which are the fruitful source of so much suffering and ulterior disease—as gout, rheumatism, chorea, chlorosis, anæmia, and the like. A third large class, is that in which diseases are brought into the system by a foreign agent; as cases of lead and mercurial poisoning, and those in which the ravages of secondary syphilis are discernible.

“It ought not to excite surprise that we lay claim to such extensive utility for these waters, when their number and variety are remembered; and when we add to these intrinsic virtues, the extrinsic advantages of our

locality, together with the social réünions of a watering-place, some idea may be formed of the promise which Harrogate holds out to the invalid and the valetudinarian."

Undoubtedly Harrogate owes much to its situation, and to the scenery and places in its vicinity ; amid these, Bolton and Fountains Abbeys, fully bear out what was remarked in noticing Furness Abbey on the West Coast, that the old ecclesiastics were most excellent judges of situation. But if they chose their sites well, they did not fail—what cannot always be said now-a-days—to erect buildings worthy of the sites ; buildings the ruins of which are still among the chief architectural ornaments of our land. The most beautiful and extensive view which is attainable in the vicinity of Harrogate is from the observatory on Harlow Hill ; the latter said to be 596 feet above the sea level, and the building adding above another 100 feet to the elevation. Indced the whole of the Harrogate district lies high, and consequently possesses the advantages of the air of elevated positions. Any notice of Harrogate would be incomplete without mention of the " Dripping Well of Knaresborough," an object of curiosity to most visitors. Harrogate is most easily reached from London, and indeed from the south generally by the Great Northern line of rail, the distance within a little of 200 miles being done in eight hours ; from the middle and west of England, passengers will more readily go by way of Leeds.

We follow up the Great Northern Rail southward,

and very close upon the border line which, passing from Mersey to Humber, separates our Northern, from our Midland and Eastern Health Division, about six miles from Doncaster, we come upon

ASKERN,

another of the sulphuretted aperient springs which have met us so often lately, and which it is sufficient here to notice for the sake of those to whom it might be convenient to go to such a locality. Askern is said to be pleasantly placed, and to possess sufficient accommodation for visitors. As remarked of the waters of Croft and Dinsdale, the cautions which apply to the Harrogate waters are applicable here likewise.

CHAPTER XV.

MIDLAND AND EASTERN HEALTH DISTRICT.

BOUNDARIES—WOODHALL, LINCOLNSHIRE—CROMER; ITS CLIFFS
AND BEACH—LOWESTOFT; ITS REFUGE HARBOUR.

WE have now before us a great and wide district of England, differing in many respects from those we have already traversed. Its limits we have not to define anew, seeing that the lines we have drawn from Thames to Severn, from Severn to Mersey, and from Mersey to Humber, have already marked it out, and there remains but its seaboard from Humber mouth to the Thames once more. A wide seaboard it is, but wide though it be, it yields us but little in the way of Health Resort, for only two, or three, Cromer, Lowestoft, and perhaps Yarmouth require our notice.

So wide is the district, that we shall manage it best by taking it in three divisions, the East, the Central, and the South-west. The first comprising the three coast places first named, and Woodhall in Lincolnshire, the second or middle—Buxton, Matlock, Ashby-de-la-

Zouch, and Apsley Guise in Bedfordshire, the South-west—Malvern, Cheltenham, and Leamington.

The leave-taking of our Northern District found us amid the sulphuretted, and far from odorous, springs of Harrogate and Askern. It is no long journey through Lincolnshire, to

WOODHALL,

a watering place of but limited fame and recent origin, its chief claim to distinction resting upon the presence, in its waters, of iodine and bromine, two of the constituents of sea-water which are but rarely found in mineral springs, especially in Britain.

The water is employed both externally as a bath, and internally, and proves especially useful in diseases of scrofulous origin, as well as in rheumatism and rheumatic gout. The station for Woodhall spa, is on the short branch from Kirkstead to Horncastle, an offshoot from the Peterboro and Lincoln line.

Very different from our touring in Cumberland and Westmoreland, is our next journey through the fertile flats and fens of Lincolnshire, and by the "Broads" of Norfolk, before we can reach the Coast Resorts which are the few and far between of this district. The labyrinth of sluggish rivers, canals, pools, ditches and marshes, is but little attractive in the way of scenery, though even these have an interest of their own. And we have plenty of opportunity for observation, for once more are we coaching it to

CROMER,

taking leave of the rail at Norwich: by token of this same coaching necessity of two and twenty miles, a really pleasant sea-side watering-place, with fine scenes around it, is left comparatively unvisited. Comparatively only, for, spite of all, Cromer has its good proportion of friends, who love its fine open sea, its bracing air, its lofty, sea-beaten, and we must add sea-worn, cliffs; for, if tradition speaks true, Cromer did not always stand so close upon the sea as it does at the present day—almost too close, some persons would think, for even now the wear and tear goes on, and every now and then some tide, higher than usual, or some great storm, or both combined, as occurred in February, 1837, takes toll from the land, and portions of the tall cliffs come thundering or dropping down upon the beach. It seems as if after the warning of 1837, the inhabitants began to think the time had come to take measures for self-defence against the invader, for they built then a partial sea-wall, and since that time have completed a more perfect break-water, which serves not only as a defence to the cliffs, but also as the basis for an esplanade which extends the whole length of the town. The jetty, which is connected with the esplanade, and is reached from the town by a protected pathway made in the cliff is, like other jettys and piers elsewhere, the fashionable promenade, when the influx of the tide forbids walking, riding, or driving upon the firm sandy beach, which promises good bathing.

Like our other East Coast places, the season for Cromer does not begin very early, about the middle of June, but it extends to well on in October. We should not forget that there is much of geological interest added to the attractions of this sea-shore, and we have already remarked upon the benefit to health which is added by such pursuits to the mere change of air and scene.

From Cromer back to Norwich by coach, from Norwich to Lowestoft by rail, and we have two sides of a triangle of which the base is formed by the most eastward coast of England, it must be added, the most dangerous ; who that has sailed along it, or steamed by it, especially by night, does not remember the long succession of light-houses which mark this dreaded shore as dangerous. How welcome on such coast must be the light of

LOWESTOFT,

telling of a refuge-harbour—recently formed—which is accessible at all times of the tide. Cromer, which we have just left, is simply a sea-side town with seafaring and fishing inhabitants, and sea-side visitors. Lowestoft is not simply a Sea-side Resort, frequented not only for its marine, but for its inland beauties, but it is also, now, a rising port, although sea-port and herring depot it has been for many a long year. Of no light import is it to have such a harbour as Lowestoft, capable of holding a couple of hundred vessels right in the track of the great traffic from north to south of East Britain, and very close, in fine weather, do the constantly passing

vessels go to the town, so close, that, in nautical phrase, it seems as if one might almost "pitch biseuits" to and fro. There can be no question that a place which, like Lowestoft, combines the bustle and animation of a busy seaport, with the beauties, conveniences, and freedoms of a seaside watering-place, offers many advantages to that class of invalids who require a greater amount of excitement than they can get in places like Cromer, and, at the same time, no diminution of the health-giving attributes of their Health Resort. We need scarcely add, that at Lowestoft the visitor will find every accommodation he can desire in the way of hotel, inn, and lodging.

We must "take a last long look" of the sea at Lowestoft, for it is our last English sea-side Health Resort, and from it we take our journey far inland, and leaving the sea-level 1,000 feet below, request our readers to go with us to "Buxton in the Peak."

CHAPTER XVI.

MIDLAND AND EASTERN HEALTH DISTRICT —*Continued.*

BUXTON IN DERBYSHIRE; ITS GASEOUS WATERS, WILD SCENERY,
AND NEIGHBOURHOOD — ASHBY-DE-LA-ZOUCH IN LEICESTER-
SHIRE — APSLEY GUISE IN BEDFORDSHIRE; AS A WINTER
RESORT.

BUXTON,

is known far and wide as one of the few warm mineral springs to be found within the bounds of Britain. In Derbyshire ends that long hill range which, commencing in the Scottish Cheviots, forms as it were a backbone to northern England. From Cheshire, Lancashire, Yorkshire, rise parts of the component hills, and in Derbyshire the elevated country thus formed is known as the Peak—its loftiest portion as the High Peak. Upon this Peak stands Buxton, and for thirty or forty miles around we have the hill country—in some places sinking into beautiful valleys, cultivated and clothed with wood and copse, either natural or planted, and watered by bright and rapid streams; in other localities stretching in the

wide expanse of the moorland heath : and anon rising in bold hills to an elevation of 2000 feet above the sea level—that is about 1000 feet above the level of Buxton. Some of our readers may think that a place thus situated can have but little to offer in the way of warmth and of shelter to the invalid, even in our best summers. This supposition, however, though perhaps in some degree correct as regards the district of the Peak generally, is not so in the case of Buxton itself, which reaps the same benefit as many other hill places, in the shelter afforded to it by the lofty elevations with which it is surrounded, and which break the force of the winds, especially from the north-east. Moreover, the neighbourhood of Buxton is very different from what it was fifty, or even twenty years ago. The cultivation of what was formerly heath ground, the substitution of hedges for stone walls in dividing land, and the planting of trees, have done much to banish the appearance of bleakness, and, in reality, to ameliorate its effects. Still, we cannot but regard it as a strong proof of the efficacy, as a remedial agent, of the Buxton waters, that they were celebrated and much resorted to long before the good roads, the pleasant walks and grounds, and the ample accommodation which now add so much to the attractions of the place, had been brought into being. Of these attractions and others we shall speak hereafter, we must first give our attention to the centre of attraction, the warm mineral spring, which for hundreds of years—it may be for thousands—has continued its unceasing flow.

Did time and space permit, we might indulge in some interesting speculations as to the whereabouts of the great cauldron and its furnace which keep up—how difficult all housekeepers know—this never-failing supply of warm water ; but such questions we must leave to the geologists. To learn these things, a far deeper cutting must be effected than was required to make it evident that these springs of Buxton were known to and used by the Romans. The remains which have been found in digging the foundations, &c., are evidently those of buildings erected by that people ; and it is probable that from the period in question until now, the Buxton waters have never ceased to be the resort of invalids, especially those afflicted with rheumatism. Probably it was for this affection that these waters were more than once visited by the unfortunate Mary of Scotland during her captivity in Tutbury Castle. At the present day, rheumatism is *the* disease, for the cure of which the Buxton waters are most familiarly and popularly known ; but many other disorders are successfully treated by them. Dr. Robertson, of Buxton, says, in his excellent “ Guide to Buxton and the Peak,” recently published, “ The diseases for the relief of which the Buxton baths are found to be the most eminently useful, are rheumatism, gout, neuralgia, and certain forms of spinal and dyspeptic affections.” The disorders of advanced life, both in the male and female constitution, especially the effects of previous intemperances, &c., are in many cases corrected, and nervous affections of various kinds are remediable by the use of the waters. “ The painful or

crippling consequences which often follow such injuries as fractures, dislocations, sprains, bruises, &c., are commonly influenced and relieved by the use of these baths in the most satisfactory degree." It must, however, be borne in mind, that simple as may appear the act of bathing, in such a water as that of Buxton, much injury may be done if the case be not a suitable one. On this head Dr. Robertson gives the following necessary and valuable caution :—" It cannot be said too strongly, that no invalid should leave his home in order to make use of these baths without the express advice and sanction of his usual medical attendant. Moreover no person ought to use these waters without the sanction and direction of a medical man resident in Buxton." The peculiar stimulating property of the Buxton waters, arising, it is generally believed, from the amount of gas it contains, renders such caution as the above especially necessary. As it issues from the earth, the Buxton water has a temperature of 82°, it is transparent, and, owing to its containing innumerable minute bubbles of gas, remarkably bright: a blue tinge of the water is so slight as to have escaped the notice of many observers.

The latest and best analysis of the water was made by Dr. Lyon Playfair in 1852. According to that chemist, in addition to minute portions of other saline matters, it holds dissolved in some quantity, the carbonate and sulphate of lime, carbonate of magnesia, common salt, and a small proportion of iron, &c. In addition to the above, however, there are the gases, carbonic acid and nitrogen; and to the latter of these, in all pro-

bability, much, if not all, of the efficacy of the water, as a curative agent, is owing. Such, at least, is Dr. Playfair's opinion—seeing, as he remarks, that the water when deprived of its gases differs but little in composition from ordinary spring water. The temperature and the gaseous impregnation of the Buxton water, therefore, are its chief sensible, as well as actual properties. Their effects upon the bather especially, require a short notice. As the temperature of the natural Buxton water, 82° , is at least sixteen degrees lower than that of the human body, the first effect is the shock, more or less, which all feel on entering tepid water—this being increased by the quantity of gas which the water holds in solution. Succeeding the shock, generally very speedily, comes the stage of reaction or excitement, which lasts a longer or shorter period—this being succeeded, under certain circumstances, by the feverish stage which comes on some hours after the bath.

It is, perhaps, superfluous here to remark that agents, such as these waters, which are capable of producing the effects described, require just as much caution in their use, and just as much skill in their application to cases, as any medicine, and therefore we would repeat Dr. Robertson's caution, that they should never be used without medical advice. Moreover, there are certain rules to be observed by those taking the baths, which require to be attended to. In certain cases—when ordered by the medical men—the natural heat of the Buxton water is artificially increased, so as to make a “warm bath” instead of a merely tepid one. But

whether it be the warm or the natural bath, neither should be taken every day. "The impatience to secure the benefit from the use of the baths in as short a time as possible, and their anxiety to return to their homes and occupations, lead many to make an excessive use of them." By this course of action only injury can accrue: debility instead of strength is the consequence, and perhaps the baths have to be discontinued altogether. Thus we have additional proof of the powerful effect exerted by these waters upon the animal economy. "The time of the day for bathing is a question of much importance. The baths have usually most effect when used before breakfast, but are commonly the best borne about three hours after breakfast."* The duration of time a patient should remain in the bath, the cautions to be observed after bathing, and many other details cannot be overlooked, if an invalid to whose ease the waters are applicable wishes to derive all the benefit from them without risk of doing wrong. Such, details, however, ought to be ascertained in Buxton, where all the peculiar effects of the waters are properly understood.

In some cases, the Buxton water is not merely serviceable as a bath, it is also drank with advantage; but its use in this way can only be advantageously had recourse to under medical sanction. When improperly used, it is apt to produce "headache, thirst, loss of appetite, disturbed sleep, &c., &c.; in short, it causes a feverish state of system which is far from beneficial." We must not forget to mention, however, in case of mis-

* Robertson's Buxton Guide.

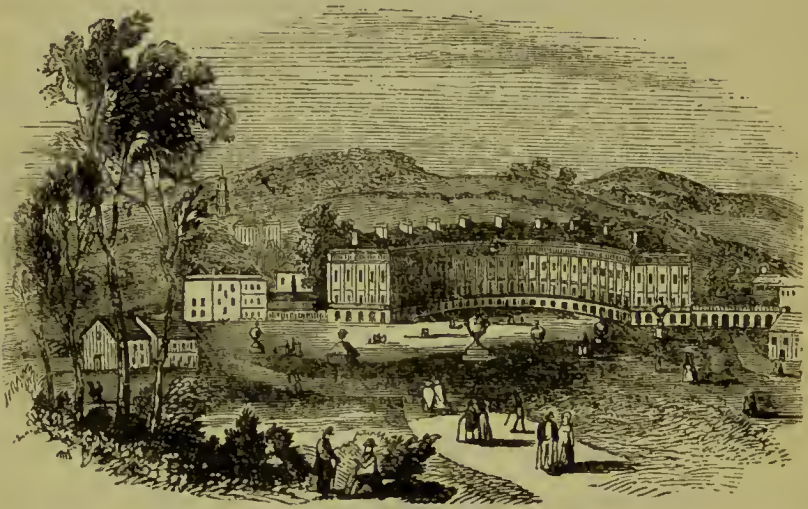
takes, that in addition to its best known warm springs, Buxton likewise possesses a chalybeate or iron spring, a truly valuable addition to the advantages of the tepid bathing water, seeing that there are many persons who may derive the double benefit, and in whose cases any debilitating effect of this bath may be counteracted by the use of the tonic chalybeate. Indeed, many persons may visit Buxton with advantage who do not use its warm springs in any way, but who may gather health and strength from the use of its iron water, coupled with the high bracing air of the hill country. Persons who habitually dwell in low or damp localities, derive especial benefit from a visit to Buxton, in consequence of the great difference in its light, dry, and bracing air, from that in which they usually reside.

Not the least of the advantages of the Buxton baths, is the ample supply of water which they afford, estimated at about 300 gallons per minute ; thus allowing of every provision for cleanliness, and for carrying out whatever mode of using the waters is deemed most suitable. One of these methods, the douche, whereby a continuous jet of water is projected with considerable force upon any part of the body, is most valuable, and can be had recourse to as a simple local application, in cases where the bath generally is not required, or expedient. Moreover, for those who are not invalids, but who seek simply, by a visit to Buxton, change to a most invigorating air, and to delightful scenery, there is ample accommodation for the enjoyment of the bath of simple water, whether hot or cold. Indeed, few places possess greater ad-

vantages or more convenient arrangements, as a watering-place, in every sense of the word, than Buxton. There are baths public and private, both for ladies and gentlemen, and at different prices, well lighted and ventilated are they, and with warm dry dressing closets, indeed, fitted with whatever can be desired, either for health, comfort, or luxury. Neither have the poor been forgotten in the arrangements; the "Charity Baths," if not as expensively fitted up as the others, are yet equal to them in all the essentials, and many poor persons yearly derive unspeakable benefit from being enabled, by means of the "Buxton Bath Charity" to avail themselves of the healing waters. Dr. Robertson states that in the year 1853, as many as 710 poor persons were admitted to the benefits of the bath charity, and that of these considerably more than 500 were either cured or much relieved. Not only does the charity provide the means of bathing and medical advice, but it also affords pecuniary aid to a greater or lesser amount to those who are recommended by subscribers. Easily, indeed, may those who have the means, thus confer great benefit upon the sick poor, for; according to the rules, "a subscriber of one guinea may recommend a poor patient, who will receive medical advice, medicine, the use of the baths, and a gratuity of five shillings weekly, for the period of three weeks," and a subscriber of half-a-guinea, may recommend to the same advantages, with the exception of half-a-crown per week, instead of five shillings. We should not omit to mention that the chalybeate, or iron spring of Buxton is often most serviceable

as a wash, in weakness and other affections of the eyes.

We must not, however, lead our readers to suppose that Buxton is only a residence for invalids, for it is a downright pleasant place otherwise, with its crescent and park—the latter laid out by Sir Joseph Paxton—its serpentine walks, and its good inns. Then, for those who are not invalids, and who can wander abroad without fatigue, there is much in the neigh-



BUXTON.

bourhood to interest. Persons who have always dwelt amid the rich fields and somewhat tame scenery of some of the neighbouring counties, may gather many a new idea and pleasure from the hill and heath-views of the Peak, and from the beauties of the wide extended landscapes which present themselves to the eye from many of the loftier places of its miniature mountains, one view alone, extending almost as far as the Liverpool Mersey. Then, within easy distance, is the

scenery of Dove-dale, beautiful in itself, and carrying greater interest from its connexion with the name of old Izaak Walton. A little further, and the vale of Ashbourne, "romantic Ashbourne," offers its scenery. In another direction we have Matlock, shut in as it were by the lofty rocks which overlook the Derwent on which it stands, forming a combination of the rugged and the beautiful—the beauty of which is increased rather than injured, by the signs of man's art, which everywhere display themselves, in the houses built and the walks cut in all directions, and in every kind of seemingly inaccessible places. We go up the Derwent, and at the pleasant fishing village of Rowsley come to its junction with the lesser stream—the Wye—which flows from Buxton. Here, too, we come to—somewhat a rare thing in these days—the termination of the land of railway, for those who wish to go from Rowsley to Buxton must once more avail themselves of the coach and horses. We will suppose they are reminded of the inconveniences of former days, and that they cannot get a place either inside or out. They might be compelled to remain in less interesting neighbourhoods, for not far distant, lies Chatsworth, the world-famed seat of the Duke of Devonshire, where, amid the magnificence and beauty of art and nature combined, the visitor may see those conservatories which, raised under the superintendence of Sir Joseph Paxton, may be regarded as the first beginning of the Crystal Palaces of Hyde Park and of Sydenham. Nearer to Rowsley still than Chatsworth, lies Haddon Hall, perhaps the best preserved specimen existing of an

old aristocratic English home, but a rheumatic invalid may not linger long amid its stone passages and massive walls. All these, and many more objects of interest are within easy reach of the Buxton visitor, and should he not be satisfied with what the surface of the earth has to offer, he may dive into some of the "Peak Caverns," natural or artificial. Either one or other he may find at Matlock; but the most celebrated are situated at Castleton, on the other side of Buxton from Matlock, and in going to visit them, we may take a glance at the tidal well which ebbs and flows at intervals, and diverge a little to wonder at the "water swallow," where a stream disappears suddenly in a fissure, only, however, to emerge again at a distance. Perhaps we have now said enough to guide some of our readers, whether seeking health or pleasure, to one of the most attractive of our English watering-places, and to which our short sketch here does but meagre justice, and, should any wonder that a single locality presents so much that is beautiful, wonderful, and curious, let them reflect that the foundations of these things were laid in ages long past, when the might of volcanic agency was controlled by the Creator to fulfil His will in the formation of man's future home—a home which He has adorned with so much that yields delight, comfort and blessing.

The usual time for visiting Buxton, or the "season," is in the months of August and September, but there is no reason why it should be so late in the year; both June and July are equally well adapted for it. Almost odd it seems that in the present day such a place as

Buxton should be without its railway,* but so it is, and the visitor must be content to reach it from some of the stations most convenient. Coming from the south and east, the route by the Midland rail to Ambergate and Rowsley is generally preferred, from the north and west, that by Manchester or Macclesfield.

ASHBY-DE-LA-ZOUCH

in Leicestershire, like Buxton, owes what celebrity it possesses to the curative effects of its waters chiefly in rheumatic affections, the waters, however, being of totally different quality, and certainly not so widely useful, as those of the latter place. The Ashby waters contain no gas, are strongly saline, and like those of Woodhall contain bromine, the salines being principally compounds of chlorine. The Ashby water however, does not rise at Ashby, but is pumped up from deep coal pits at Moira, about three miles distant, and is conveyed by rail to the baths in covered tanks.

On the first discovery of the Moira waters, about 40 years ago, great things were expected from it, and probably the romance thrown around the town of "Ashby-de-la-Zouch" in Sir Walter's novel of *Ivanhoe*, contributed in some degree to raise hope of its becoming a fashionable Resort. Well appointed baths, a large and good hotel, comfortable residences for visitors were built, and grounds for exercising well laid out, and yet these hopes have not been realized, and Ashby, though still

* This want is about being supplied.

having a considerable number of visitors, cannot, at present, be called a well-frequented place. The comparative failure is certainly not due to want of efficacy of the water as a curative agent, in rheumatic affections especially, as the writer of these pages can vouch from his own professional experience. A good many visitors come from a distance to bathe at Ashby, but the reputation of the water is principally local, or at all events confined to the Midland counties. There are it should be mentioned baths, and a small hotel at Moira where the water is obtained, but these are not sufficiently well appointed to attract many visitors. The Ashby water has the temperature of the atmosphere, and to raise it to the bathing temperature hot water has to be added, as the effect of directly heating the mineral waters would be to precipitate the salines. For internal administration rather better than two-thirds of fresh warm water have to be added. A tumbler-full of this mixture drank before breakfast will act briskly as an aperient, but if the alterative effect only is required a wine-glass-full twice a-day will suffice. The water, however, is much more used externally than internally. The analysis of the Ashby waters made many years ago by Dr. Andrew Ure, gives to the imperial gallon—

				GRAINS.
Chloride of Calcium	851.2
Chloride of Magnesium	16.0
Chloride of Sodium	3700.5
Iron	a trace.			
Bromides of Potassium and Magnesia	8.0

It is to be regretted that no better, and thoroughly

trustworthy analysis of the Ashby waters has been made by a modern chemist, and that some record of the many and undoubted cures of rheumatic disease effected by them has not been kept and made public. Ashby-de-la-Zouch itself is a pleasant clean little town, surrounded by a richly cultivated country, and with a good summer climate, but like other midland places is cold in winter; one reason, perhaps, why its visitors during that season are few if any. It is easily reached by way of Leicester from the south, or east, and [from the north, by Derby and Burton-on-Trent, by the Burton and Leicester rail.

In connexion with our Midland Health Resorts we have mentioned

APSLEY GUISE,

and we hear many, perhaps nearly all our readers say "where is Apsley Guise? we never heard of it." Neither was it heard of as a Health Resort until three or four years ago when Dr. James Williams published an exceedingly interesting and well considered account of the "Topography and climate of Apsley Guise in reference to their influence on Health and Disease," and more especially with reference to the situation as an inland residence for consumptives. However, all this time we are keeping you waiting to know where the place is. Look for Woburn in Bedfordshire and you will find it, and Woburn everyone knows who has heard the name of Lord John Russell.

However, we will hear what Dr. Williams has himself to say in favour of Apsley Guise, by quoting first—rather in an Irish way it is true—what the *Bedford Times* of November 8th, 1856 says, of his book:—

“Within half an hour’s ride from Bedford there is to be found a village, which is not only pre-eminent for its picturesque situation and choicest botanical productions, but is now proved by Dr. Williams to be so far above the average run of rural districts, as to make it a place of inestimable value to health-seekers. That it is so, we have no doubt, but until Dr. Williams published his *Observations*, we had no reliable data to go upon. In the pamphlet under notice, he gives us evidence to prove that there is less fluctuation in the temperature of Apsley than in that of many places which are considered valuable refuges for invalids; and, as a residence for persons who are affected by diseases benefited by equality of climate and the absence of intense heat in summer, Dr. Williams does not hesitate to put Apsley before the Isle of Wight, Hastings, Montpelier, Torquay, and some other places of great renown. That it is a salubrious village, every one knows who is acquainted with the locality; but the extent of that advantage over other places of the district remained to be proved by the author of this pamphlet. He is not a native; and therefore his praises are not the enthusiasm arising from strong local attachments. He first made the discovery in a matter-of-fact way, and afterwards confirmed his opinions by a thoroughly philosophical process.”

Dr. Williams himself claims high ground for Apsley

Guise when he says,* “In connexion with consumptive cases in particular, one fact is very remarkable—that persons afflicted with *positive* and *incurable* disease, live much longer here than in almost any other part of England, save our much-sheltered southern coasts.” And again: “Another fact was in a little time forced upon my attention, that several persons, coming from distant places, labouring under bronchial and other affections of the lungs and windpipe, exhibited marked improvement in their health after a short residence in that neighbourhood.” Dr. Williams estimates the death-rate of the village of Apsley at 15 per 1,000 per annum; if this be the ascertained fact, the locality is entitled to rank with the healthiest in England.

“The general position of the village is sheltered by hills of moderate elevation,” and the “general temperature is but slightly below that of the Undercliff of the Isle of Wight;” the smallest range of temperature occurring in the months of November and December.” “The air of Apsley generally, and particularly of the elevated parts, is very dry, and therefore suitable to nervous affections and relaxed states of the system.” The comparative absence of neuralgic complaints seems to favour this view; and the benefit derived by those who, coming from other places, have suffered from such affections, tends also to the same conclusion. The amount of annual rain-fall is very small—Dr. Williams says less than any known English location—and the number of days on which the rain occurs, is few compared with

* P. 16.

such places as Torquay, Hastings, Undercliff, London, &c. Moreover, the "dry sandy character of the soil," aids greatly in preserving the dryness and salubrity of the place. Dr. Williams enumerated many other advantages, which our space will not permit reference to; indeed it may seem as if full much had been said already about a comparatively unknown place. But if Apsley is found to bear out the high character claimed for it as a Health Resort, it cannot be too prominently brought into notice, considering that it would fill a place which is unoccupied in English Hygienics. Apsley Guise is forty-eight miles from London, or about one hour and a half by railway, *via* either North-Western to Bletchley, and thence to Woburn, or by Great Northern to Bedford. The accommodation in the village is limited.

Once more our health touring leads us to that southwestern district of England, where Leamington, Malvern, and Cheltenham, give us a cluster of fashionable rendezvous. An easy run carries us from Woburn to Rugby, and thence to Leamington.

CHAPTER XVII.

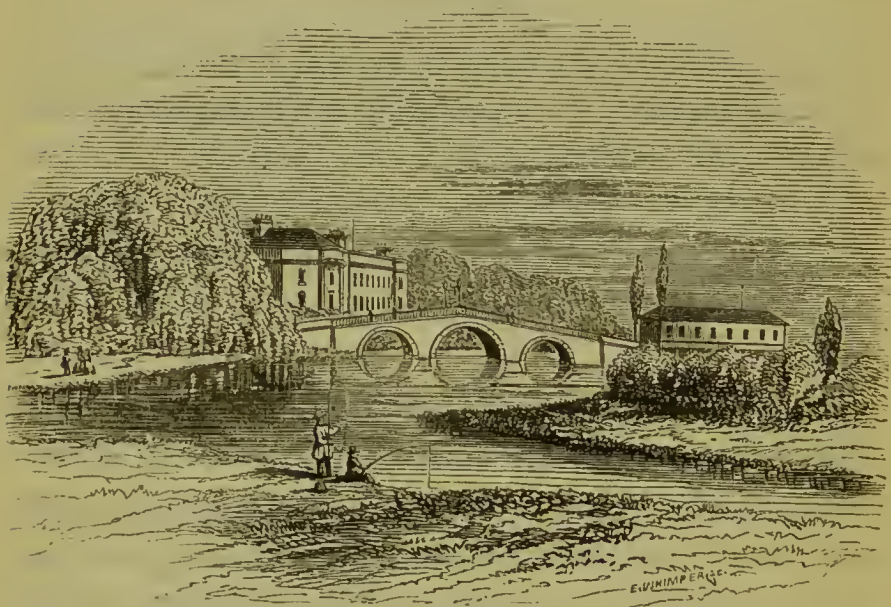
MIDLAND AND EASTERN HEALTH DISTRICT —*Continued.*

LEAMINGTON IN WARWICKSHIRE; ITS WATERS — MALVERN IN
WORCESTERSHIRE; ITS PURE WATERS AND HILLS—CHELTENHAM
IN GLOUCESTERSHIRE.

LEAMINGTON.

Seventy years after the discovery of the Cheltenham Springs, it came to be whispered, that in an obscure hamlet in Warwickshire, not *fifty* miles from Cheltenham, there were to be found mineral waters of strange virtues. The whispering soon brought visitors, and these departing swelled the note of praise: additional accommodation had to be provided for the increasing numbers who came to look for health in that new spa. Baths were established; next a more pretentious inn; the church-room had to be increased; step by step, but ever more and more rapidly the rising town enlarges its boundaries, and improves the character of its buildings, till now, at last, the modern Leamington of 1860 is one of the handsomest towns in the kingdom, with a popu-

lation of sixteen or seventeen thousand persons, and with every luxury and accommodation which can be desired by the most fastidious. Great pains have been taken by persons connected with Leamington, to render, not only the town itself, but its environs, as attractive to visitors as possible. A great deal of planting has been done, and well-made gravelled roads and paths, with abundance of seats, for the weak or the weary, attest the care taken.



VIEW IN LEAMINGTON.

Likewise, numerous places of recreation, especially outdoor, have been provided. The Jephson gardens, centrally situated, afford a favorite and convenient promenade, and here the more recent visitors may see the statue of the well-known Dr. Jephson, who has given his name to the gardens, and who for many years assisted mainly in raising Leamington to the position it was attaining, and still holds, as a favorite resort of invalids.

Another medical man, Mr. Hitehman, an old and respected inhabitant of Leamington, has within a few years established one of the best managed, and, in its departments, most complete arboretums in the kingdom. The collections of coniferæ, and of rhododendrons are first-rate; moreover, the beautiful grounds are thrown open to the public by the liberal proprietor. In both the Jephson gardens, and in Mr. Hitchman's grounds, fêtes take place during the summer season. Most places like Leamington, lose their chief attraction with the departure of summer, but here winter brings another class of visitants, and the Warwickshire Hunt keeps up the gaieties and advantages of another season.

Neither must we forget that Leamington possesses a neighbourhood most interesting for its rural beauty, still more so for its historical associations; the ruins of Kenilworth have a world-wide reputation, and numbers who would not feel their interest excited by the mere facts of history, cannot miss the charm of the halo of romance which has been thrown around these crumbling walls by the genius of Sir Walter Scott, in one of the best of the novels, which bear his name. The old towers of Warwick Castle with all their interior treasures and interests, the old town of Warwick, and the fir-avenued Guy's Cliff, are attractive even to the most indifferent; while, last, not least, within a few miles of Leamington, Stratford-on-Avon, Shakespeare's home and haunt, adds to an already full catalogue of notabilities.

Enough of these: we would have something about the waters which are to give us health and strength.

Although the mineral waters of Leamington were only brought prominently into notice subsequent to 1784, they were by no means unnoticed and unknown before that period, various of the older writers having alluded to them, or at least to the spring now known as Lord Aylesford's, or the Old Well. This spring, as well as that opened in 1784, and some others subsequently, are purely saline waters. In 1806, however, the discovery of the first sulphureous water took place, and lastly, in 1819, a chalybeate spring was disclosed. This completed the fame of Leamington, for here the invalid might find within a small compass, the three varieties of mineral waters most applicable in the treatment of diseases. It was, as it were, having Cheltenham, Harrogate, and Tunbridge brought close together. The purely saline waters of Leamington contain sulphate of soda, or glauber salt, muriate of soda or common salt, muriates of lime and magnesia, consequently, their action is aperient and alterative, in fact, it nearly resembles the action of Cheltenham water; iron and iodine are also present in small proportions, and also carbonic acid gas. The sulphuretted waters have a nearly similar composition, with the addition of the sulphuretted hydrogen gas, which gives them their characteristic properties and odour. The presence of the carbonic acid gas gives all the waters a sparkling appearance when first drawn. The general amount of any of the waters drank is about one pint per day, and the usual time the early morning; but this should be regulated by the medical man who is consulted, and to the same authority should be referred

the question of bathing, when such an idea is entertained. The course of drinking the water is commonly from a fortnight to three weeks, when they are discontinued for a fortnight, and then resumed. The Leamington waters are very generally had recourse to during the summer months, or from April to October, partly from the reason that the necessary adjuncts of air and exercise are the more certainly and beneficially attainable. The cases in which they are most generally serviceable are included in the wide, very wide range of those depending upon chronic disorders of the stomach, bowels, liver, and kidneys, from whatever cause arising; but especially when the originating cause is high living and want of exertion. Of course the early rising, enjoined exercise, and regulated diet, are powerful aids to the undoubted beneficial effects of the waters. In fact, the description of cases enumerated as being relieved by the waters of Cheltenham are almost the same as those to which Leamington is suitable. "Leamington, from being situated at a distance from the coast, and in the midst of a level country, is neither exposed to sudden gusts of wind, nor to the frequent rains which a mountainous neighbourhood so frequently attracts." The temperature is tolerably equable, and "the highly cultivated state of the soil around the town, entirely free from morasses, with the numerous scattered woods and rivulets, contributes, in no small degree, to its being one of the most salubrious spots in the inland counties."

We have gone over mineral springs of all kinds, saline, chalybeate, sulphuretted, and gaseous, but we have yet

to visit one which owes what curative properties it possesses to the entire absence of foreign ingredients, and indeed to the fact of its remarkable purity. Such is the water of

MALVERN.

But Malvern has other and great advantages besides its very pure water to recommend it, seeing that it is situated on and among a beautiful range of grassy hills, the "Malvern Hills" of Worcestershire, which rise, especially at the most northern parts, to 1,400 or 1,500 feet above the sea level. Much we fear the water would do little without the beautiful gorse-covered, and dell-pierced undulating hills, with their fine views over the rich apple-orcharded Worcestershire eastward to the Severn, and westward over Herefordshire to the Wye. "The whole ridge swelling into about twenty distinct summits, dispersed in one or two longitudinal rows, and leaving between them hollows of sufficient depth to allow of steep roads, and paths to cross them." "On the eastern or Worcestershire side of those hills, at their feet, creeping up their sides as they nestle among the green wood, lies the village, or rather continuous villages of North Malvern, Great Malvern, Malvern Wells, and Little Malvern," "on the western or Herefordshire side is West Malvern."* The entire length of the Malvern range is about nine miles, extending southward, from about seven miles north-west of Worcester; the width is about two

* Guide to Malvern, by Rev. J. Webster.

miles. A very pure water of moderate temperature, like that of Malvern, undoubtedly possesses great solvent powers, and is more easily absorbed into the general current of the circulation than one holding saline matters in solution; it is consequently useful where the solvent effects of pure water are required, as in cutaneous diseases, affections of the kidneys, serofula, &c.; moreover, this facility of absorption, by producing temporary plethora in the system, may cause disagreeable symptoms. Simple, therefore, as the water may be, it should not be used medically without advice. Of course by medically it is not intended to say hydropathically, and in saying this it is not intended to cast a slur upon hydropathy, which has its head-quarters in this region of pure water; as it has been called, the “metropolis of the water cure;” no one can doubt that the hydropathic system of treatment, in proper and skilful hands, and *divested of quackish pretension*, is capable of being a most powerful curative agent, more especially when it has the aid of such a site, such scenery, and such air as that of Malvern—air which is noted for bracing purity.

Malvern is essentially a summer place—the season not commencing before June at earliest, and the eastern exposure making it so; but, as a summer residence, it is ranked by Sir James Clark as “one of the coolest and most healthy in England,” and suitable for many invalids, especially “for young persons of serofulous constitution.” The Malvern wells are two, St. Anne’s and the Holy well, either of which may be resorted to according to the convenience of residence. Malvern is most easily

reached by way of Worcester, the eight miles thence being coach travelling; when the line from Worcester to Hereford is opened, there will be rail the entire way. Not far are we from the next and last English watering-place to which our health touring brings us; for

CHELTENHAM

lies in the adjoining county of Gloucester, and we can go either by the Birmingham and Bristol line, which passes Worcester, or by the Great Western from town. We will do neither, but once for all, and last of all, making our start from London, and possessing ourselves of some means of locomotion which sets at nought walls and hedges, and park palings, as well as tributary streams, trace Old Father Thames up to his source, and drink of him at the fountain-head? How many of our London readers are there who could tell where such a journey would lead them, and where they would find the first wellings of the pure waters which commence their all important, but, alas, before it reaches them, all impure stream? A map will soon tell them:—Richmond, Hampton, Windsor, Reading, Oxford, are all passed in turn, and keeping to the main stream, they land at length at the “Seven Springs,” near Cheltenham, in the county of Gloucester, and that is just where we want them to go.

If our travellers are well, they had better, perhaps, content themselves with drinking Thames water as they never drank it before, and enjoy as they best may the

beauties of a beautiful neighbourhood, and of a beautiful town ; but if they suffer from derangements of the liver, or from gouty symptoms ; if they have been living too well, either in a hot climate or in this one, let them go on to the mineral waters of Cheltenham, concerning the use of which we shall by-and-by give them some advice. In the meanwhile, as we are at the “Seven Springs,” we may as well take our detour before entering the town, and have our general view of it, and the country around, from the height of Leckhampton Hill, which overlooks both. Beneath us lies the town for which the inhabitants claim the title of “Queen of Watering Places,” while far beyond, stretches the fertile vale of Severn, and in the distance rise the hills of Malvern and the mountains of Wales, and nearer lies the vale of Gloucester. As the height on which we stand, Leckhampton Hill, is 900 feet above the sea level, the view in such a country may well be extensive. Moreover, in ages past, geologists tell us that far different was the view which met the eye, for then a rolling sea took the place of trees and corn fields, and islands stood for the wooded and grassy hills of the pleasant country. Such seems to have been the early history, not of Cheltenham, but of the Cheltenham district. In latter days, but still very early, before the Conquest, there are records of a monastery, and of a town or village having existed. Later still, we find Cheltenham figuring in the annals of the Civil Wars, garrisoned by royal troops, and attacked by Cromwell. Lastly occurred the event of greatest importance to Cheltenham—in the year 1716, its medicinal

waters were discovered, and, thenceforth, the town rose in wealth and importance, till, from having been little more than a village, it has at the present day, attained a population of nearly 40,000, and boasts of being one of the most beautiful and elegantly built towns within the four seas of Britain. Certainly, few more beautiful drives could be found than the tree-planted "Promenade," terminated by the "Queen's Hotel," or handsomer range of houses than those which grace Lansdowne, or a state-lie avenue than the elms of the Royal Old Well. Few



LITTLE SPA, CHELTENHAM.

towns can show villas and pleasure grounds to match those of Pittville. We need not, after the manner of a "Guide Book," go over all the public edifices and institutions of Cheltenham, suffice it, that the visitor will find many of these worthy of his attention.

Mr. Lee, in his "Watering Places of England," thus enumerates the advantages of Cheltenham:—"Cheltenham is distant from Gloucester about a quarter of an hour, an hour-and-half from Bristol and Bath, and almost

three hours from London, and possesses perhaps more than any other provincial town, resources for occupation and amusement, in the pleasing country by which it is surrounded, its cheerful society, its assembly rooms and well-supplied public libraries, its literary and philosophical institution, where public lectures are delivered, and its religious and charitable establishments ; so that, altogether, this town may be regarded as one of the most eligible for a permanent residence, or



CHELTENHAM.

for a few months sojourn. It agrees very well with persons who have passed a large portion of their lives in tropical climates, and many of the inhabitants are long-lived. The heats in July and August are oppressive, on which account several of the residents leave the town till the autumn. The climate in winter is generally mild, but, as the soil is clayey, the ground

often remains long wet, except on the gravel walks. The Pittville quarter is more sheltered, and is said to lie on a more sandy soil than the Lansdowne, which would be cooler as a summer residence. Cheltenham is sheltered from the north-east by the hills, at the base of which it lies, and thus escapes the colder winds of this climate; the westerly breezes which prevail in summer, tending rather to cool beneficially. Indeed, it is said, that in Cheltenham, the "westerly winds are to the eastern, as nearly two to one." The average of rain which falls at Cheltenham is less than in the island generally by four inches. One of the special advantages of Cheltenham, is the absence of any great extreme either of heat or cold, consequently, it suits many cases of impaired health. It can scarcely be called a dry bracing atmosphere, although the amount of moisture is not excessive. The climate however, is generally suitable to those cases which derive benefit from the mineral waters."

The principal characteristic of the Cheltenham waters is pure saline, though some contain iron, and some a small proportion of iodine. The small amount of gaseous constituent is scarcely to be reckoned. The salts principally characteristic of the Cheltenham waters, are the muriate of soda or common salt, and the sulphate of soda or glauber salt, along with these are found sulphate of magnesia, or Epsom salt, also the sulphates and carbonates of lime, and carbonate of magnesia; the most marked action, as might be supposed from the above enumeration, being aperient or purga-

tive. It would only puzzle a general reader to enumerate the varieties of the different saline waters of Cheltenham, or to attempt to point out the differences of the Old Well, the Montpellier Spa, or the Pittville Spring. The applicability of these differences to different cases, ought to be left to the resident medical practitioner consulted by the invalid visitor, for here, as elsewhere, no invalid should resort to the use of mineral waters, except under direct medical sanction. The use of the chalybeate springs, of course comes under the same, or even greater precaution than that of the purely saline.

In a large proportion of cases of deranged digestive organs, especially with implication of the liver, the Cheltenham waters are of undoubted benefit, and, of course, that benefit extends to ailments which are commonly connected with such digestive derangement, as for instance, hypochondriacism, gout, red gravel, piles, and many cutaneous eruptions. If, however, the least benefit is to be derived, the patient must be content, especially in cases of long standing, to be cured by the almost imperceptible effect of the Cheltenham water, rather than by any very sensible effect upon the body, such as active purgation, &c., &c. Unfortunately, many persons have the idea that they cannot derive much benefit from medicine, unless they feel it acting in some way, hence, in consequence of the comparatively mild action of the Cheltenham mineral waters, it has become the custom at some of the spas to add to the natural water what is called the "solution;" that is a concentrated solution of the Cheltenham Salts, formed by evaporating the natural

water. This practice, however, is very generally condemned by medical men. As mentioned in the first part of this paper, persons who have resided long in hot climates, frequently derive benefit from a residence in Cheltenham, and from drinking the waters.

CHAPTER XVIII.

SCOTLAND.

GENERAL REMARKS ON HEALTH SEEKING AND HEALTH RESORTS
IN SCOTLAND—MOFFAT AND THE SOUTHERN SCOTTISH DISTRICT.

When we come to consider the “Health Resorts,” which lie north of the Tweed, we find a remarkable difference as compared with those of England. In Scotland there are no parallels to Brighton, Torquay, or Bath, to Leamington, Harrogate, or Scarborough; summer watering-places there are in abundance, but they are comparatively small and poor. One great reason for the difference is, undoubtedly, the limited number as compared with England, of wealthy supporters of such places; and another, that the most wealthy of the Scottish nobility and gentry, seek the Southern Resorts, in preference to those of their own land, finding advantages of climate here which they cannot get in the north; the mountain sheltered borders of the Frith of Clyde, warmed by the gulf-stream currents, especially about Rothesay, being the nearest parallel to Devonshire, whilst at the same time Scotland is remarkably deficient in those mineral springs which have been the means of raising so many obscure sites in England to fame and fortune. When

we have mentioned the sulphur spring of Moffat, the saline of Pitcaithly, and the chalybeate of Peterhead ; we have perhaps given the names of those of any note at all.

Scotland then is not a place of Health Resorts after the manner of England ; fashion, climate, and the absence of mineral waters alike forbid it ; but there is yet another reason why these places where health-seekers congregate are not found ; the whole land

“ Frae Maiden-Kirk to John-o-Groats,”

is, itself, one great Health Resort for summer, when from early June to the late days of October, the stream of tourists pours unceasingly by glens and mountains, by lakes and rivers, such as few lands can excel for beauty, and such as fewer still can rival in historical fame, raised to the very highest point of interest by the great novelist, by poets who have claimed them as their birth-right, and by painters of all nations who have come to study their scenes. To do justice to the health giving capabilities of Scottish highlands and lowlands, from the time when the southern hill-sides are golden with the whin-blossom and broom flowers of early June, to the last fading purple of the highland heather in late October, would take us far beyond the scope and intention of this little work, suffice that we point the way, and carrying the reader through the districts east, west, and midland, south of Forth and Clyde, leave him to his own exploring capabilities and health-seeking powers, feeling sure he cannot go far wrong through the length or breadth of “ Braid Scotland ” in summer time.

MOFFAT, AND THE SOUTH-WEST COAST OF SCOTLAND.

Many years have now passed since first the genius of Sir Walter Scott cast a halo of romance and interest around Scottish scenes and Scottish places; but ever since the publication of the "Lady of the Lake" first aroused the enthusiasm of its readers, and the Waverley novels gave an interest in every thing connected with Scotland to thousands of southern admirers, who had habitually looked upon the northern division of Great Britain as a sort of unknown land,* ever since that period, the land "north the Tweed" has never ceased to be a favourite resort. The worn student, the jaded man of business, the wearied statesman, and, of late years, even Royalty itself, goes to seek renovated health amid the moors and mountains, by the lochs and rivers, bright dashing rivers as they are, of Scotland. July, August, and September are the months when those seeking either health or pleasure betake themselves northward; let us see whether in that time we cannot go over a good many—we cannot all—of those scenes and places where health and pleasure are most likely to be found.

To enter Scotland by the south-west, we need not detail the journey by "North-western," "Preston and

* The story is told, that a wealthy Scottish nobleman being about to marry, the lady—of high rank—took pains, previous to going to her northern home, to send provisions of all sorts from London, and was heartily ashamed on reaching the "land of cakes," to find the absurdity of her proceeding. The first "Scottish breakfast" would no doubt amply convince her.

Lancaster," or other rails ; suffice it that we find ourselves pacing the platform of the noble station of "bonny Carlisle," and waiting for the train to start northward on the Caledonian line. Were we not hurrying forward to Scotland, we might say much, and reflect more, upon the changes which this old and noted border city has witnessed, of fierce forays, carried up to its very gates, by border bands of the moss-trooping Turnbulls, Græmes, and Armstrongs ; or later, of Prince Charlie and his clans, seen both in triumph and in misfortune. But the bell rings, and we are reminded that times are changed. We start, but not for a very long rail journey at present. A stop, and "Gretna station" makes every stranger look out to catch a glimpse of the well-known place. Here too we part company with the main train, which takes its course for many miles by the Vale of Clyde, and take the branch line to Dumfries, a short run to a quiet, pretty little town, situated on the banks of the Nith, a few miles above where the latter joins the Solway.

In Dumfries, a few days—either for health or pleasure—may be well spent : the noble castle of "Caerlaverock," with its historical reminiscences, the fine ruins of Lincluden and of New Abbey—Sweetheart's Abbey it is sometimes called—are well worth visiting ; though, to the philanthropist, the finely situated, splendidly built, still more splendidly arranged, and efficiently conducted, "Crichton Lunatic Asylum," will probably offer a greater object of interest. It is in fact, one of the most magnificent institutions of the kind to be found anywhere. In Dumfries, too, we have the resting-place and monu-

ment of Robert Burns, and, not far off, Dalswinton Loch, where some of the very earliest experiments in the propulsion of a vessel by steam were made by Bell. In short, Dumfries is a place where our health-seeker may spend a week in summer most pleasantly, and then, if he will, may take himself to the well-known watering-place and Health Resort of Moffat, where, if health be sought more than can be found in the bracing exercise, fresh breezes, and enlivening scenery of the steep picturesque hills of Moffat Dale, he may have recourse to the mineral water, which closely resembles that of Harrogate in composition and action, and is supposed to have its origin from a similar cause,—the passage of the water, in the first instance, through a bog of decaying vegetable matter, after which it undergoes a natural filtration in gravelly soil before it rises as a spring. When first drawn, the Moffat water has a milky blueish look, it sparkles slightly, from the presence of a proportion of carbonic acid, nitrogen, and sulphuretted hydrogen gases, and of course exhales the sulphureous odour of all such waters. In some cases of skin disease, and of dyspepsia, in gout, scrofula, &c., the Moffat water is frequently recommended; but none should resort to its use without proper medical sanction, and most, we imagine, will try the pleasanter and safer tonics we first alluded to, which are to be found around the town, and not in it. Supposing our health-seeker willing to adopt the latter prescription, we may take him one of the most interesting health journeys possible: and how many of the health-giving properties of a journey and of change are connected

with the interest the mind takes in it! If the man who leaves the senate, the bar, the consulting-room, or the counting-house, to come into the country, brings with him a brain-load of arduous legislation, of knotty points, of anxious cares, or of commercial cares, in vain will he look for renewed health and strength amid the most beautiful scenery. If he really wishes to benefit, let him, to repeat a homely illustration, put all these things at the back of his head till he gets home again. We will warrant that many of the questions, which gave him so much care and anxiety, will have resolved themselves into very simple ones, when he comes to take them—if he *can find* them at all—out of the repository to which we have advised their consignment during his tour. It is astonishing how the simple cessation, for a time, of thought upon certain points, and the occupation of the mind with lighter and novel ideas, fits it for disposing easily of what it scarcely could master before. The truth is that men have in the mind, as in the body, fits of indigestion, and the mind requires, like the stomach, considering and dieting, a change of food, a little mental medicine, after which it can resolve many a hard matter that in its morbid state gave it all sorts of uneasiness.

But this is a long digression, and we have left our tourist waiting to start upon our Moffat Dale excursion. This excursion he may make on foot, or by horse, or carriage, as suits inclination, strength, and pocket. Of all others, the foot tour is the most independent, and best for seeing country; but, to those who are unaccustomed to walking, and especially when the health is below par, it

it is too trying, takes too much away from the vital powers, and leaves too little either for the digestion of the food or for mental enjoyment. Moreover, those who journey through the wilder parts of Scotland must bear in mind that there are not the frequent inns and resting-places of more thickly-inhabited districts, and that, having once started, they must often make a long stretch to the next place of refreshment. Starting from Moffat on our present tour, they must make up their calculation for fifteen or sixteen miles of hill-road; good road, however, and a very beautiful one, at one time on a level with the clear Moffat water—not, be it remembered, the mineral water, but the clear, bright, sparkling burn,—anon mounting by the side of the steep, very steep, hills and braes, its sides fringed with heather and foxglove, with bluebells and bracken, or with plantations of larch, dwarf oak, mountain ash, the rowan tree of Scotland, and the graceful birch. Few steeper green braes are there in broad Scotland than those which form the sides of Moffat Dale, and yet, steep as they are, the country people tell how Graham of Claverhouse would gallop his coal-black charger along them in his search for the persecuted Covenanters. During our journey—walk we shall make it—the peculiar forms of many of the hills cannot fail to attract notice, especially from a stranger. One very peculiar hill is called the “Saddle Yoke,” from its resemblance in form to a cart saddle.

But we are getting towards the head of the glen. That continued rumble, especially if the waters are in flood, must be the “Grey Mare’s Tail,” where the

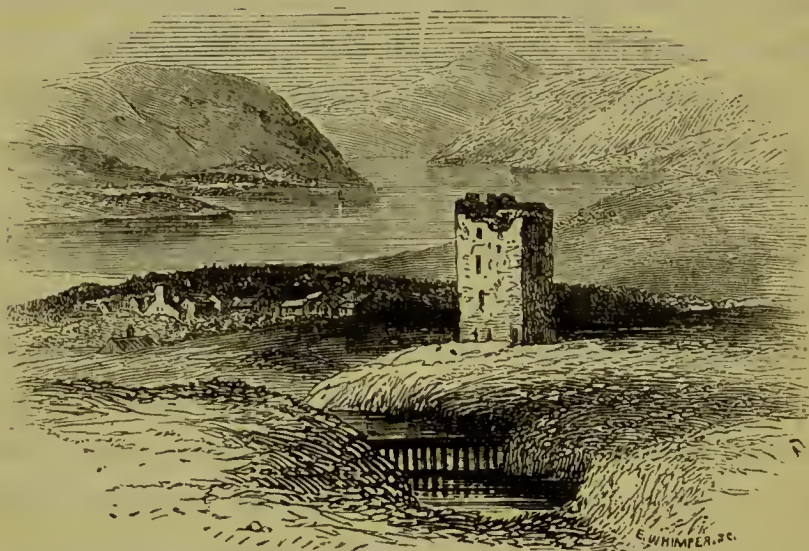
“head” of Moffat water, or at least one of its “heads,” shoots clean over the cliff, a fall of two hundred feet. Were it a river instead of merely a little streamlet, this fall would be one of the most magnificent in the world; but as it is, so small comparatively is the quantity of water which falls, and so perpendicular is the descent, that by the time it reaches the dark pool at the foot of the rock it is broken into spray, and hence the name, and a very good one, of the “Grey Mare’s Tail.” We can sit down and look at it at our leisure, while we make our picnic, and, whether teetotallers or not, there is plenty of clear water for a draught, either alone, or to dilute the drop of “mountain dew” from the flask, which somehow or other, so many find they can take, though they never can elsewhere, when they get on the Scotch hills. Neither is it altogether useless: the strong may do well without, but the weaker, those who are a little out of health perhaps, will find comfort and real benefit by the use of a small quantity of diluted spirit, after a long, hot, and perhaps somewhat fatiguing walk.

If you are easily “done up,” stay at the foot of the fall and rest: you may look at it till it almost sends you to sleep—mesmerises you—with the sounds of the falling water in your ears; or, if you be more wakeful, and have a botanical eye, you may find much of interest in the vegetation around. Some beautiful ferns especially are there, which grow ever wet with the spray, and which, if you can manage to carry them home, will do admirably to grace the fernery, or “Ward’s ease.” If you are strong, let us begin our ascent to trace the

source of the streamlet which forms our fall. It is a steep climb; for Hartfell, the mountain we are now up, is the highest in the south of Scotland. It is worth some trouble to get a sight of the dark mountain loch,—Loch Skene,—from which the water flows, and it may be to see the eagle soaring overhead, giving life to the wild scene which surrounds us. One singular feature connected with the loch is the way in which its shores and bottom are, as it were, paved with large flat stones. So peculiar is this, that in the olden time, supernatural, or at least “brownie” agency got the credit of the work. A fisherman will find plenty of small trout in the loch, but as black looking as the moss and moss water around, though red fleshed and excellent eating.

A steep descent to our friend at the foot of the fall. We may follow, if we will, the course of the peat sledge which is conveying the peats out on the upland moss to the shepherd’s cottage below. No wheeled vehicle would do to go down these almost perpendicular grassy hills.—But evening draws nigh, and we have yet three miles to our comfortable quarters on the banks of St. Mary’s Loch, the well known, nay almost classical, and beautifully situated, and fisher, botanist, poet, and author frequented little shieling, kept by our friend Tibbie Shiels. A well known character is Tibbie, for her house has been honoured with the presence, for many days together, of Kit North, and is often mentioned in his writings; it has seen Sir Walter Scott and Wordsworth under its roof-tree; and in it lived and wrote Eliot Warburton just previous to his last fatal embarkation in

the burnt *Amazon*; not to mention the Ettrick Shepherd, whose farm of Altrive is but a short way distant. We suppose that, independent of the quiet, comfort, and beautiful cleanliness of the little dwelling, its situation is a great attraction, lying as it does embosomed in pastoral hills, green to their summits, which stretch their verdant undulations—a sea of hills—far away over the English border. Close to, within a stone's throw of the house, are the shores of sweet St. Mary's Loch, and at



ST. MARY'S LOCH, AND DRYHOPE TOWER.

the same distance on the other side those of the Loch of the Lowes. Indeed, the cottage is built upon the narrow isthmus which separates the two, and on the banks of the stream which connects them. Prettier sight cannot be imagined, nor one more novel to most of our English readers. Neither could we imagine one more suitable than this to an invalid seeking health with *quiet*, where one may wander without let or hindrance over the grassy

heathery hills around, where the hum of the bee, the bleat of the sheep, or the crackling of the broom-pods, as they burst under the summer heat, would be all the sounds for hours together. Some this would not suit, but others would find in it the very elixir of life.

But we have not time to stay, and after a bed of which Izaak Walton would have sung the praises, had he ever come fishing here, and after a breakfast worthy of Scotland, we start again on our health tour. The road skirting the banks of St. Mary's gradually descends after leaving it, and we find by the look of the vegetation, and of the wood, that we are entering again the lower and more cultivated country which borders "Yarrow Stream" soon after it leaves the loch. Passing through the village of Yarrow, and keeping the picturesque road which follows the stream, glens, and haughs, we come to where

"Newark's stately tower

Looks out from Yarrow's birchen bower."

What reader of Sir Walter does not remember that it is here the "Last Minstrel" is made to pour forth the "Lay" in the presence of the Duchess of Buccleuch and her ladies. The situation of the now ruined tower is very, very beautiful, standing as it does on a thickly-wooded eminence high above the water which flows below. A little further and "Sweet Bowhill," the seat, or rather one of the seats, of the Duke of Buccleuch, tells that we are fairly into the level country, and the milestones say not far from the famed old border town of Selkirk, where a good inn will form the pleasantest ter-

mination to a tourist's day. Around Selkirk, Melrose, Jedburgh, Abbotsford, Dryburgh, Sir Walter's country, afford ample scope for long days of interest, amusement, and health-seeking ; but to describe these is not our intention. Suffice it, that, starting from Carlisle, we have, not confining ourselves to one Health Resort, endeavoured to bring our friends through a series of them ; and to the summer health-seeker, capable of some little fatigue, no better health tour could we offer, though some as good we may have in store.

CHAPTER XIX.

THE CLYDE; GLASGOW AND THE WESTERN SCOTTISH DISTRICT—
ROTHESAY, &c.

In our last health tour, after crossing the English and Scottish borders, and very soon after leaving Carlisle, we diverged from the main line of the Caledonian rail at Gretna. Let us again start from the fair border city, but, instead of diverging, keep straight on. Having, in our way to Carlisle, passed amongst the mountains of Cumberland, with, after leaving it, the lofty range of the Cheviots, on the right, and the hills of Moffat-dale in front, the stranger may probably be surprised to find that for miles on the Scottish side of the border the journey is over a dead flat. Look to the left for an explanation and for the waters of the Solway; for this flat level is part of the ancient shores of the noted firth, the tide waters of which coming in breast-high, and with the speed of a horse at gallop, have overtaken many a one who had ventured too late, or too adventurously to cross the low-water sands.

A few minor stations passed, and we approach the steep hills of Moffat-dale: seen from the rail, with the little

town of Moffat nestling at their feet—these hills—mountains we should call them—present a very beautiful and imposing appearance, and especially if we see them on one of those lovely summer days, when the broad shadows of flitting clouds pass with such speed and heeding nothing, over sun-lit hill and valley, over the level meadows or steep precipices alike. But, finer still, could we see them when the misty curtain which at times shrouds their bold outlines is just rolling upwards after a summer shower, beneath the warmth of a summer sun,—then this, like every other hill scene, looks its best. Such a summer day as that mentioned above—bright summer sun and quickly flying summer clouds, is the day for the journey still before us ere we reach our final head-quarters at Glasgow—not that Glasgow is a Health Resort—whence we seek other scenes.

Leaving the station at Moffat, or, as it is called, Beattock station, the country is one succession of hill after hill, the pure pastoral, greenhill scenery of southern Scotland. Now the steep heather and braeken-élad brae rises from the verge of the railway which traverses its side: soon the eye travels far up some green strath dotted with sheep and black cattle, with here and there the blue smoke curling up from the low shieling cottages peculiar to this part of the country; or, in place of the spreading pasture of the wider vales, we have the hills severed by the deep-cut gully or glen, the angular faces of the rock shewing themselves amid their clothing of hill vegetation. Our time is August, and the fox-gloves, those stately ornaments of rock scenery, are nearly over,

but the heather is in the full flush of its beauty, and tints every brae-side with its glowing purple, and the braeken never looked greener, while here and there the mountain ash berries are shewing their red up some narrow gorge, where colour and form are both diversified by the white stems and graceful foliage of the silver birch. Do we traverse this country after some heavy rains, its beauty is much enhanced. Then every hill-side glances with numberless streamlets, which soon again will disappear, but which now come to swell the burns and rivers, converting every gully into a watereourse, and every threadlet of a rill, which leaps from the rocks, into a sounding waterfall for the time being. But other diversifications have we of the long panorama which moves through the space framed by the window of our rail carriage: every here and there stands the mansion of some landed proprietor, probably in a well-sheltered vale, still more sheltered by the rising plantations which clothe the hills around. Anon a few river-side meadows and corn-fields, with hedges and all the appearance of the lowland country, come across us: another minute or two, and we are once more whirling past the steep heathy hills, and wide uninclosed—or, at long intervals, “stone dyke” inclosed—green spreading pasture valleys.

A gradually increasing stream seems to follow the course of the rail; or rather, the rail follows its course: first on one side and then on the other, it receives the tributary waters of the hill burns, and grows and grows under our eyes as we speed along. The destination of the swelling stream and that of ourselves is the same, for

we have entered the "heads of Clyde." When we meet a little below Glasgow, we shall find the mountain stream, of which we have just watched the commencement, swollen into a river which bears on its bosom perhaps the finest steam fleet of merchantmen to be found anywhere, and on its banks those famous building yards which have made the name of the Clyde-built steamer a passport for excellence throughout the world. But we must not jump to Glasgow and the Clyde, and its iron-built steamers, quite so suddenly; for, rapid as may be the rail transit, it has not yet carried us out of the country of hill and stream; we have still to take our look at the "Tintoek top," famed in song, the highest hill in Lanarkshire; worthy of our looking when we can see him without his night-eap of mountain mist. We may, too, take the opportunity of stopping at Lanark, twenty-five miles south of Glasgow, and spend a day in visiting our Clyde river again, in all the glory of its magnificent falls, the finest waterfalls in the kingdom. Whether we stop or whether we do not, we must find our head-quarters at Glasgow. If, as we have remarked already, the search after health forms but part of our object in touring, and the search after pleasure and information a larger proportion, we may make our stay in Glasgow, where there is much to see.—The magnificent cathedral, lately restored, and its almost unrivalled crypt, or under chapel, cleared of the rubbish which had so long hid its massive proportions; the cathedral itself soon to be rendered still more splendid by the total renovation of its forty windows with painted glass, in a style of art higher than

has yet been seen in Britain. Close to the cathedral, the Glasgow cemetery—Necropolis as it is called—its picturesque hill covered with monuments, many of them inscribed with well-known names, cannot fail to interest the visitant. The University, with its ancient structures and its museum; the Botanical Gardens, and even the architectural beauties of the new parts of Glasgow, will all engage the attention; but for those who have leisure, health, and opportunity, the manufacturing* and mercantile objects of this great city ought to have abundant interest, especially the building yards of the iron steam-ships, and the foundries of the Clyde steam-machinery, which is sent for far and wide. These things, however, scarcely come under our notice here; our acquaintance with the steamers must be more practical, for we shall make much use of them in our health-seeking on the shores of Clyde; moreover, if we are invalids, great and interesting city though it be, the sooner we are out of Glasgow, its smoke, and its densely crowded streets, the better.

The Clyde, flowing through the centre of Glasgow, floats into the heart of the town the numberless river steamers which are ever carrying their numerous passengers to and from the many watering places which stud the picturesque shores of the river and frith of Clyde. Let us *make* it a fine morning, and wend our

* Among the most interesting we may class the sewed muslin warehouses, where all the processes for the making of these beautiful fabrics are carried on, with the exception of the sewing. This is done throughout large districts in Scotland and Ireland, by the girls and women, who receive annually many thousand pounds in wages.

way to the "Broomielaw," the usual place of embarkation, in search of the "Rothesay boat," making Rothesay our destination for the time being. We are not long on board, when the sharp-bowed trig little vessel slowly edges out from among her companions into the middle of the stream, and is off on her voyage. The first part lies through, as it were, lanes of steam-ships of all sizes and forms, from the small coaster to the leviathan that crosses the Atlantic. It is only such a sight that can give an idea of the extent and grandeur of the steam navigation of the Clyde. Anon we come upon the building yards, hearing, long before we are close to them, the incessant din of the workmen's hammers, which drive close the rivets of the iron plates of the ships. Every now and then we pass one of the long sharp river boats, homeward bound, the awning covered deck crowded with passengers, many of them probably business men, who, for the summer at least, live in the country, and go up and down morning and evening. The Clyde villages are permanent Health Resorts for the busy citizens of Glasgow.

For some miles below Glasgow the Clyde banks have but little beauty, much of them being artificial embankment, made with the double view of deepening the channel and of protecting the shores from the wash of the continually passing steam-vessels. Gradually, however, the shores recede, the river widens, and villa, lawn and plantation, refresh the eye on either side. The first great object of interest is the noble trap-rock of Dumbarton, crowned by the castle, and other buildings which come

to the water's edge. This rock, which rises to the height of 560 feet, adds to the interest of situation and appearance much that is historical, more especially in connection with the last era in the life of Sir William Wallace, whose sword is still kept here and shewn, and who was prisoner in the castle for some time after his betrayal.

Now, we are among the beauties of the lower Clyde. Through the pastoral hills of Lanarkshire we traced its beginnings as a mountain burn, and followed its growing into the river which thunders over its "Falls of Clyde;" we meet it on the levels of the country round Glasgow; and now here we have it expanded and expanding into an arm of the sea, looking part loch, part river, seemingly elosed in on every side by the mountains of the western Highlands. Most striking and most puzzling to a stranger are these mountains, their position varying with every turn of the river, and their numerous elevations which rise bold and high on Clyde banks, barring, as it were, all exit to the ocean for the waters which wind among them; often it is very difficult to distinguish the main course of Clyde from the numerous off-branching lochs—Gare-loch, Holy-loch, Loch Long, Loch Goil, &c.—which lead off into the heart of the hill-country around—their shores wildly-beautiful, but enlivened with numerous tasteful mansions and picturesque villages, which shelter under the lofty hills and thriving woodlands.

A few miles below Dumbarton the first of these lochs, the Gareloch, opens up; on one shore, the little sea-bathing town of Helensburgh, and, on the other, the

beautifully situated seat and hamlet of Roseneath, the property of the Duke of Argyle. Roseneath stands on a sort of promontory, on one side of it the Gareloch, on the other Loch Long, perhaps the most picturesque of the Clyde lochs. Nearly opposite the last-mentioned places we have Greenock, the well-known, busy, bustling port, and a few miles below it the little town of Gourock; still lower, on the opposite shore, lies Dunoon, one of the most beautifully-placed watering-places it is possible to find, not far from it, the Holy-loch, and Kilmun, another of these rising Clyde summer resorts.

On to our destination, and we enter a passage narrowed, it looks quite closed up, by the approaching shores, ere we steam down Rothesay bay to the ancient town, which, as it gave its name to the eldest sons of the ancient kings of Scotland, still gives the title of Duke of Rothesay to the eldest sons of their descendants who now occupy the British throne.* The situation of Rothesay is very lovely; as a summer residence delightful, as a winter one, most favourable to the class of invalids who require mild equable temperature, and who are not injured by a somewhat relaxing climate. Most of our readers, probably, are aware that Rothesay is not situated on the mainland, but upon the island of Bute, which lies in the midst of the Frith of Clyde. Bute, which is about

* An anecdote went the round of the papers a year or two ago, that the Queen was one day surprised by the announced arrival of a titled visitor, the "Duke of Rothesay," whom she did not recollect, and that, much to the surprise and amusement of her Majesty, her eldest son was introduced in his full Highland dress, as became the heir of the Royal Stewarts.

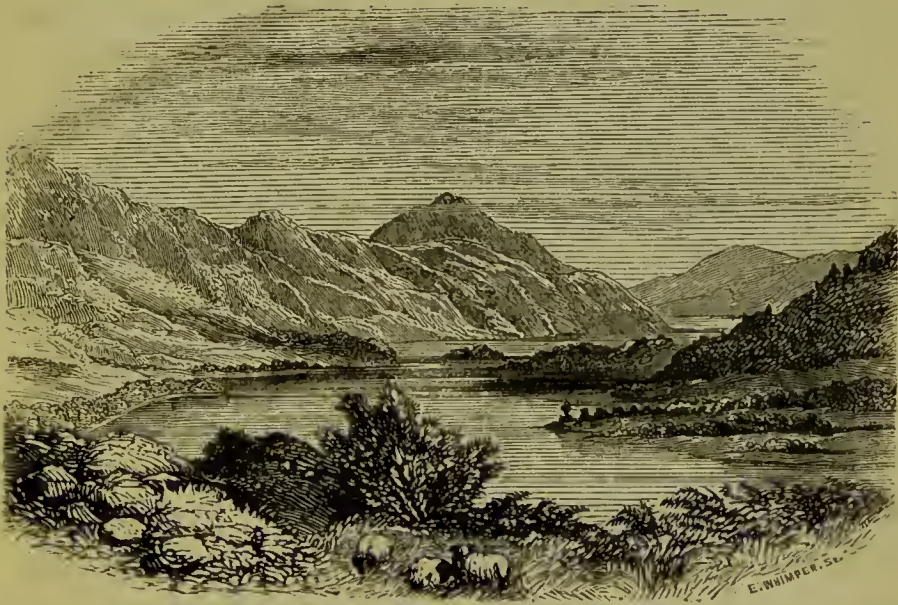
eighteen miles in length, by from four to six in breadth, is comparatively a low island, but, being surrounded by lofty hills on every side, is sheltered in all directions. "The temperature of Bute never falls low during winter, nor rises high in summer, so that its yearly range is comparatively limited, being under 40° , which is, at least, 15° less than Glasgow. The temperature will more frequently rise above 75° at Glasgow than above 70° at Rothesay, in Bute; and oftener sink below 20° at Glasgow, than below 30° at Rothesay." "Snow, when it does chance to fall, seldom lies longer than a few hours. During severe long-continued frost on the mainland, and when the surrounding hills are for many weeks covered with snow, a little may be seen on the higher parts of Bute; but even then the temperature on the lower ground is rarely under 28° during the night, and 34° during the day." "In ordinary weather there is no marked difference, but in very hot weather the thermometer in Bute does not rise so high by several degrees as on the mainland." "Every part of Bute is not equally mild during winter. The eastern is much milder than the northern coast, owing to its being in some measure protected from the influence of the north wind. The climate of this island may be styled as mild and equable, but rather humid. It resembles in character that of the south-west of England and France, and of the Channel Islands, though it is considerably less warm than any of these." "As a winter residence for invalids it holds out considerable advantages to that class only for whom a soft, equable,

but rather humid atmosphere, is indicated.”* In cases where there is a tendency to general relaxation of the system, the climate of Rothesay and Bute would be the reverse of beneficial; consequently, in some cases of chest affection, although benefit may be derived from the mildness of the climate, injurious effects might result from its moist relaxing power; the same observation applies to other diseases, such as dyspepsia, nervous disease, &c. Such being the case, any one proposing to make Rothesay an invalid residence, ought to do so only on the advice of a medical attendant.

A very cursory glance at the aspect of the shrubs growing about Rothesay is sufficient to convince the stranger that the climate must be free from any great severity; for here fuchsias, and other shrubs that will not stand the winter hundreds of miles further south, are found growing on from year to year evidently unscathed by frost. From Rothesay, and the neighbourhood, many of the most magnificent views possible are to be obtained—the heights of Arran and the mountains of Argyleshire being principals in the scenery; moreover, the frequently passing and calling steam-boats afford every facility for visiting all points of interest, and from hence the tourist may proceed onward and spend many days or weeks among the lochs and mountains, the shores and isles of the western Highlands. Our destination, however, was, at starting, Rothesay, and from thence must we return, visiting, if possible, the various Clyde summer-resorts on our way back; more particularly must we give one day

* Clark on Climate.

to the sail up Loch Long, to land at its head, at Arrochar; from thence take our short and pleasant walk to the banks of Loch Lomond, where, catching one of the loch steamers, we make our way, winding amid the hundred isles of that most romantic sheet of water, till, from its southern extremity, the rail whisks us off to Dumbarton,



and once more we are steaming up the Clyde, past lawn and villa, woodland and mansion, past embankments, building-yards, and lines of steamers, till we land at the Broomielaw, and find ourselves again in the heart of Glasgow. If health and enjoyment have not followed, nay accompanied us in our tour, the fault must be in ourselves.

CHAPTER XX.

EDINBURGH; THE EASTERN SCOTTISH DISTRICT AND THE SHORES
OF THE FRITH OF FORTH.

In our previous health tours and visits to Scottish Health Resorts, we have come down northward by the western lines of rail. This time we travel eastward, and passing the handsome capital of northern England—Newcastle-upon-Tyne—find ourselves speeding on for Berwick-upon-Tweed. The old town of Berwick—which in proclamations takes a third place with “England, and Scotland—and Berwick-upon-Tweed”—possesses abundant historic association to interest the passing visitor, and possessed still more a few years ago, when the ancient castle walls, which had witnessed so many scenes in the old border and international wars, were still standing. Berwick might be called a Health Resort, from its proximity to the sea, or rather to the German Ocean; but summer visitors to this part of the coast rather distribute themselves among the sea-side villages and bathing stations in the neighbourhood, both on the Northumbrian and Scottish shores. More interesting than the town to strangers, is the river—

“Tweed’s fair river, broad and deep”—

on which it stands ; for few rivers of its size, are so widely known as the border stream, which for many hundred years has been the boundary mark between England and Scotland. Could we on our present route ascend the stream, many a sweet spot for health and pleasure should we find on

“the bonny banks of Tweed.”

Passing Coldstream and Kelso, we should once more enter the country of Sir Walter, which we reached from the western side in our former tour. But this we must leave, with all its pleasant and romantic associations, and keep to our track along the coast, drawing in all the way health-breathings from the fresh sea breezes of the German Ocean, and encountering at every short distance, a most interesting succession of old castles and historic remains—Coldingham, Fast Castle, Dunbar, Tantallon—they are all worth seeing.

Not far from Berwick we pass Lamberton toll-bar, a sort of minor Gretna, where runaway lovers are tied for weal or woe. Here, however, for weal or woe, took place one of the most important betrothals—important in its results—which ever occurred in this kingdom, or, perhaps, in any other. At this place, in the year 1503, the proxy of James IV. of Scotland met, for betrothal, Margaret, the daughter of Henry VII. of England. From this betrothal came the union of the crowns of England and Scotland, in the person of the Sixth James, the grandson of James and Margaret. Henceforth gradually grew the peace and the union between the two nations ;

the old border castles and strongholds lost their importance, the fortifications crumbled beneath the influence of time and neglect, till, at last seemingly, the finale came, when a portion of Berwick Castle walls were levelled to make way for the railroad, the iron bond of union which has come as the consequence of the golden bond which united fair Queen Margaret and the royal James Stewart in days gone by. We are going to *walk* on, to forget railroads and steam-whistles—to forget the present cares and annoyances, bothers and anxieties which have driven us forth to seek health and strength in the country. And our road is one which may well make us forget all in the diversity of interest which it brings before us—at one time, deep beautiful ravines—at another, glimpses of the wide-spread ocean; while, every here and there, ruined towers of ancient days, and castellated dwellings of more recent times offer us names well known in history and romance, and offer us, too, the contrast with the modern mansion of peaceful times, replete with convenience, and instead of moat and out-works, surrounded with the well kept lawns and gardens. Not far from Berwick we pass Coldingham, where formerly stood one of the finest priories in Scotland, now represented by a few scattered ruins. Here, at St. Abb's Head, we have the bold promontory, so well known to all who have sailed along this coast, and very near it the wildly situated ruin of Fast Castle, the "Wolf's Crag," of Sir Walter's "Bride of Lammermuir," which stands on a cliff directly over the ocean. Wilder site for human habitation could hardly be imagined. Again, we

go on past Dunglas and Broxburn, to find the town and castle of Dunbar, right before us. The old castle, situated on a rocky promontory, has its own share of historical record, from the earliest dates of Scottish history, through all the troublous times of the English and Scottish wars. Here, at one time, Mary Queen of Scots found refuge, and here an English army, under the Earl of Salisbury, was baffled by the heroic defence of a woman, Black Agnes, Countess of March ; and, in later days, not far from the walls, took place the battle of Dunbar, where Cromwell defeated the Scottish forces under General Leslie. These, and many other incidents give great interest to the place, and the student and health-seeker may well give a day to " Wanderings and Ponderings " over these old ruins and battle grounds, and then forward to another old castle, Tantallon, the old Douglas fortress, standing, like Fast Castle, right over the sea. Tantallon, however, was a much more extensive stronghold. Well must all readers of " Marmion " remember it as the scene of the restoration to honour and knighthood of de Wilton ; and of the quarrel between Marmion and the Old Lord Douglas, Archibald Bell the Cat. How thickly placed are all these fortress dwellings of the past all along this coast, and, indeed, all over the country, and how well do they tell of times now happily gone by, when war was the business of great men, and feudal servitude the occupation of small ones. These reminiscences of the past, these recallings of ancient times and ancient deeds, these notices of historical places, may seem to some rather out of place in writing pre-

fessedly on Health Resorts ; but, really, it is not so, for far more likely is the man to derive benefit from his health tour, who goes to it with a mind prepared to be interested in all he sees ; still more, if his mind is previously furnished with information. For, whether it be historieal or antiquarian lore—geology, botany, or any other pursuit which engages the mind, makes the man, espeecially the semi-hypochondriac, overworked business man, forget himself and his own sensations—indeed, forget everything but the pleasure for change and travel, it can only be benefieial.

Not far from Tantallon, North Berwiek, and its “Law,” or hill, well-known by its peeuliar eonieal form, come before us, and not far distant, rising 400 feet high, in all its bold massiveness, from the ocean, the well-known “Bass Rock,” not to be forgotten by those who have sailed close to it. North Berwiek is a favourite summer bathing resort for many families from Edinburgh and elsewhere ; and, indeed, the entire coast from hence, along the shores of Forth, up to Edinburgh and beyond it, is studded with villages and sea-bathing quarters. Guilan, Aberlady, Preston, Musselburgh, Portobello, Seafield, Trinity, and Granton, up to Queensferry, form one line of these sea-bathing plaees ; not, it is true, to be put in eomparison with Brighton, Torquay, Hastings, or the large, fashionable sea-side resorts of England, but inexpensive, quiet, sea-side, sea-bathing quarters, where much health, eomfort, and amusement are to be picked up in a three or four weeks’ residence in the latter months of summer. In the later months, for in the

earlier months, perhaps quite into June, the prevalence of eold east winds makes these, like all other east-coast places, not only uncomfortable, but unsuited for invalids.

We have, perhaps, however, jumped rather suddenly from North Berwick, for we had still to look at the field of Preston, where Princee Charlie and his men gave Sir John Cope's army such quick defeat in 1745. From Preston to Musselburgh—we have had Edinburgh some time in sight, the well-known lion outline of old "Arthur's Seat," and the columns of the Calton; our walk has been long enough, and a short run by rail lands us in a eity, which, for situation and architectural beauty, may well rank among the finest eities in the world. He must be a dull traveller, indeed, whose admiration is not raised by his visit to Edinburgh. Never, perhaps, has he seen such a series of streets of handsome well-built houses, of the most beautiful stonework; and never has he been in a eity, where, from almost every turn, he has views of such diversity of sea and land; while, elose at hand, in the midst of the eity, rises the Castle rock, crowned with its aneient battlements, giving an air of grandeur and romance which few places ean boast of. To face this grand rock rises the column and building crowned Calton Hill, the representative of modern times, as the Castle is of aneient ones; and to complete the triad and the contrast, facing both, rises the still wild Arthur's Seat, in all its uneultivated grandeur. Where is the eity that can boast such natural beauties as these?—beauties in themselves, and the means of still wider contemplations

of beauty ; for from all of them are the most extensive prospects to be obtained ; prospects which few strangers fail to appreciate ; prospects which should make the ailing and hypochondriac forget for awhile their ills, and lose themselves—go out of the morbid little world they have made their own, and filled with their own imaginings, into the grand, great world of God's creation ; and few more beautiful sections are there of that beautiful world, than that which forms the environs of Edinburgh. Then comes the contrast with the old town of Edinburgh, the old fortress-protected, wall-inclosed town, which has occupied for centuries, and still occupies, the “ backbone ridge,” which leads down from the castle to the ancient palace of Holyrood. Down all the ridge of the backbone, as it is often named, runs what has been called the finest old street, as it certainly is one of the most picturesque, in Europe ; the lofty, very lofty houses on either side telling of times when men, for mutual protection, crowded within the bounds of “ fenced cities,” and when, instead of spreading their dwellings abroad, piled them one upon another. By daylight the full effect of the lofty massive edifices of Edinburgh old town is very striking, and by night, exceedingly interesting, when twinkling lights in tier after tier seem almost to mingle with the stars. On many of these buildings, the style of architecture, the carved ornament, the sculptured coat-of-arms, are evidences that they have once been the dwellings of the distinguished and the wealthy—they are the ancient dwellings of Scotland's ancient nobility, when Scotland

had king and court of her own. If now we enter some of these grand old houses, we find them the abodes often of the poorest of the poor, but still in many instances having the remains of the wide oaken staircase, or the oak-panelled door. So much is there of interest connected with Edinburgh, so much of the historical associated, of local interests in its institutions, its public libraries, its splendid gardens of every kind, its educational hospitals, so much is there of interest in its architecture and in its scenery, so much is there calculated to impart pleasure, and with it, health, in the surrounding country, that, to no place would we more readily send a friend or patient on a summer health tour. We say a summer health tour, but for most persons Edinburgh would prove a salubrious permanent residence; its air is dry and bracing, and has the advantage of partaking of a modified sea-side character; the fall of rain is very moderate, consequently the climate is not so relaxing as that of most east places; moreover, the undulating character of the ground on which the city is built, provides for most efficient drainage; the supply of water is excellent and abundant, and, owing to the absence of manufactures, there is an immunity from smoke, enjoyed by few large towns. The chief drawback to a residence in Edinburgh, for some families and individuals, is, that in spring, especially in the months of April and May, and often into June, there prevails, as in other east-coast places, a constant succession of cold cutting east winds. With this exception, the climate of Edinburgh is exceedingly

salubrious, and in winter comparatively mild, much milder than it is in the midland counties of England. Doubtless this comparative mildness is due to its proximity to the sea.* The fact, however, is not so generally known as might be expected, and strangers who look only at the northern position, receive it with something of incredulity. Lastly, the social and intellectual character of Edinburgh society must greatly conduce to preserve the healthful tone and activity of mind, so requisite if physical health and activity are to be enjoyed.

So far we have surveyed Edinburgh from within; if we step out into the country around, we find it equally worthy of our attention. From numerous points we get magnificent views of a magnificent city. From the north, especially, either from the botanical gardens, or from the cemetery near them, or still further off, from the roadstead of the Firth of Forth, the view is very fine; from the west, likewise, and not less so from the south, the point of view from which it is seen by Marmion, and from which Sir Walter Scott takes his beautiful description. Here not only is seen the city, its castles, its hills and its buildings

“ Piled deep and massy, close and high.”

but far beyond all these, lies one of the most beautiful landscapes eye can rest upon. Sir Walter, in the passage above alluded to, after describing the red tinging

* A glance at the map will show the latitude of Edinburgh to west of that of Liverpool, and this has something to do with the mildness.

of the old town and castle in the morning sun-rays, goes on—

“ But northward far, with purer blaze,
On Ochil mountains fell the rays :
And as each heathy top they kissed,
It gleamed a purple amethyst.
Yonder the shores of Fife you saw ;
Here Preston-bay and Berwick Law :
And broad between them rolled
The gallant Firth the eye might note,
Whose islands on its bosom float,
Like emeralds chased in gold.”

If Edinburgh be made head-quarters, excursions of every kind and length may be taken, from an afternoon, which suffices for Roslin or Dalkeith, to the week of a Highland tour.

Of course, situated as it is on a northern and eastern shore, however healthy as a permanent residence for the strong, no one would recommend Edinburgh as a winter or spring residence for the delicate. For summer and autumn the climate of Edinburgh and the neighbouring coast, free from the relaxing properties of west coast places, and from the extreme heat of southern England, is eminently calculated to promote the health of the invalid who has wintered in the south ; and it is probable the advantages of the coast residences on both shores of the Firth of Forth would be more appreciated, were they not thrown into the shade by the more noted and more attractive Highlands. We have already alluded to the numerous little sea-bathing villages, on the southern shores of the Firth of Forth, which stud the coast from North Berwick westward. Scarcely less

numerous are they on the northern, right round to St. Andrew's; and among them many pleasant residences are to be found where the health-seekers may continue to reap benefit in most seasons, far into the month of October.

27

11

